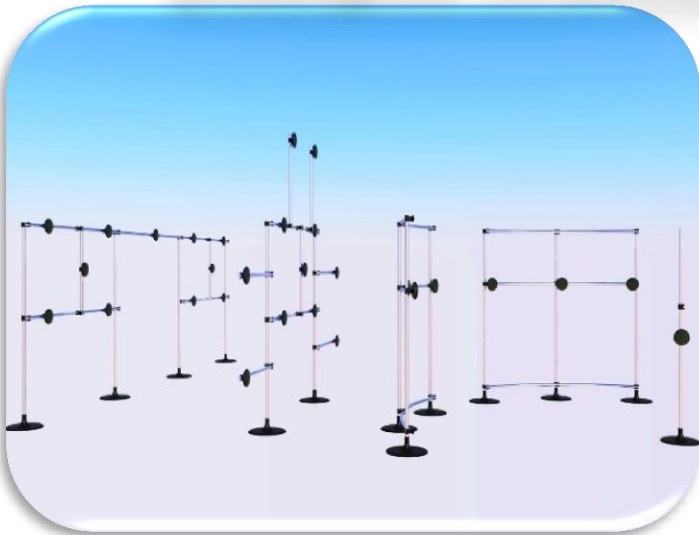


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*fitLight Trainer*TM *User System*



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FCC STATEMENTS

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates/uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Re-orient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect equipment and receiver to outlets on different circuits.
- Consult the dealer or an experienced radio/TV technician for help.

US FCC Labeling Requirements (FCC Part 15.19)

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

US FCC Modification warning (FCC Part 15.21)

Warning: Any changes or modifications not expressly approved by FITLIGHT SPORTS CORP. could void the user's authority to operate this equipment

Contains FCC ID: OA3MRF24J40MB

Contains IC: 7693A-24J40MB

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REGISTER your fitLight Trainer™ to comply with the **Warranty Requirements.**

Please go to info@fitlighttraining.com and indicate your system Serial #, date and name of Distributor that the system was purchased from. Failure to register your system may void your warranty.

Registration also allows the user to be notified of new protocols and the ability to download software updates.

SUPPORT

A full range of drill concepts, examples and videos are available through the fitLight Trainer™ website. Please go to www.fitlighttraining.com.

For further support please contact us at: info@fitlighttraining.com

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While the information contained in this manual is deemed to be accurate at the time of publishing, Fitlight Sports Corp. reserves the right to make changes and additions, deletions without notice. This publication cannot be copied without the prior written consent of Fitlight Sports Corp.

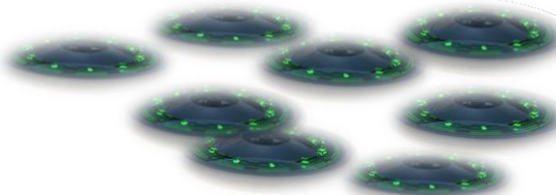
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Introduction



FITLIGHT TRAINERTM - A revolutionary invention

Erik Veje Rasmussen, the former Danish Olympic/Professional and National team Handball player developed a revolutionary and patented training system, named Octopus Trainer in 2007. Since the introduction of the system, major sports teams and universities around the world have adopted the Octopus Training System as their system of choice. Erik continues to be at the forefront of professional sport and is presently the Manager/Coach of a Professional Danish Handball team in Aarhus, Denmark. Erik continues to explore modern alternative ways to condition and improve the skills of his team and as such has introduced a series of revolutionary new products that satisfy the needs of all sports and takes training to a whole new level.

Now fast forward to the future and Erik has further enhanced on the system and now we are proud to introduce the patent pending fitLight TrainerTM a flexible wireless version, with the ability to be adapted and configured for all Sports, Hand/Eye Co-ordination Training, Strength and Conditioning and controlled Rehabilitation from injuries, **ALL INTEGRATED INTO ONE SYSTEM.** With the fitLight TrainerTM you can design any training profile/routine you require, regardless if the focus is on speed, strength, the ability to concentrate and react or vision training.

Fitlight Sports Corp. would like to introduce the fitLight TrainerTM designed by an athlete for athletes and anyone dedicated to better training and conditioning.

Learn more about Erik at the Web Address below:

<http://www.sports-reference.com/olympics/athletes/ra/erik-veje-rasmussen-1.html>

Erik Veje Rasmussen (born April 9, 1959) is a former Danish handball player who competed in the 1984 Summer Olympics. He played club handball with Helsingør IF, and was the top goal scorer of the 1983 Danish Handball League season.^[1] In 1984 he finished fourth with the Denmark national handball team in the Olympic tournament. He played all six matches and scored 25 goals.^[2]

Rasmussen played a total 233 games for the national team. He went on to coach SG Flensburg-Handewitt and Aarhus GF.

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FitLight Trainer™ Handling Instructions

- Please take the time to read the following instructions carefully so that you can get the most enjoyable experience from the fitLight Trainer™.
- These instructions will guide you through the entire set up, operation and programming of the fitLight Trainer™ whereby you can experience the full benefits of the equipment while safely carrying out your exercise routine trouble free.
- It is recommended that you keep all of the information included with your fitLight Trainer™ in a safe place in the event you need to reference it again. Should you lose it, you can readily request another copy on line from Fitlight Sports Corp. at [***info@fitlighttraining.com***](mailto:info@fitlighttraining.com).
- Should you have any queries about the use/operation of the fitLight Trainer™ product, you can contact FitLight Sports Corp. at: [***info@fitlighttraining.com***](mailto:info@fitlighttraining.com).



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Importance Notices

Note Well:

“DO NOT REMOVE THE BLUE PROTECTIVE CASE FROM THE TABLET.”

- The fitLight Trainer™ is designed to be used as a training aid for athletic conditioning and should not be used for any other purpose for which it was not intended.
- Please use the necessary precautions in the use of the fitLight Trainer™ and follow the instructions to avoid any accidental injury.
- The fitLight Trainer™ should only be recharged using fitLight Trainer™ approved equipment, using unapproved accessories can lead to damage of the fitLight Trainer™ or personal injury.
- The fitLight Trainer™ should not be recharged in any environment that is exposed to rain or water. Recharging of the fitLight Trainer™ should be done under dry conditions when used externally.
- Do not attempt to alter the characteristics of the fitLight Trainer™ in any way that can lead to damage to the fitLight Trainer™ or personal injury.
- The fitLight Trainer™ has been designed to withstand a high degree of force but it should not be subjected to possible penetration of sharp objects which can potentially damage the fitLight Trainer™. The Fitlight Trainer™ should not be subjected to falls from high places.
- The fitLight Trainer™ is designed to be water resistant and as such can readily function in very wet conditions and puddles of water. However the fitLight Trainer™ is not designed to be submerged at the bottom of swimming pools for any length of time.

“DO NOT REMOVE THE BLUE PROTECTIVE CASE FROM THE TABLET.”

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Step#1 OUT OF THE BOX

Step#1 Out of the Box: Verify all Components



8 fitlights™



1 fitlight™
Tablet Controller



1 Charging /Carrying Case



1 Case Universal Power Supply
and multi-country plugs.



1 Tablet Power Supply



2 USB Cables



2 Waist Belt Clips



16 Velcro Pads



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Step#2 Charging the System

Charge fitlights™ before use.

It is recommended that the FITLIGHTS and Tablet Controller are charged for at least 3 hours to fully charge the batteries as this will ensure an uninterrupted operation of the system from the beginning of its use.

To fully charge the fitLights and Controller, place them into the charging case and connect the power supply adaptor to the charging case. Connect to a 110/220volt outlet. Charge the Tablet with the supplied Power Supply, plug into 120/220 V electrical outlet.

Charge the Tablet Controller before use.



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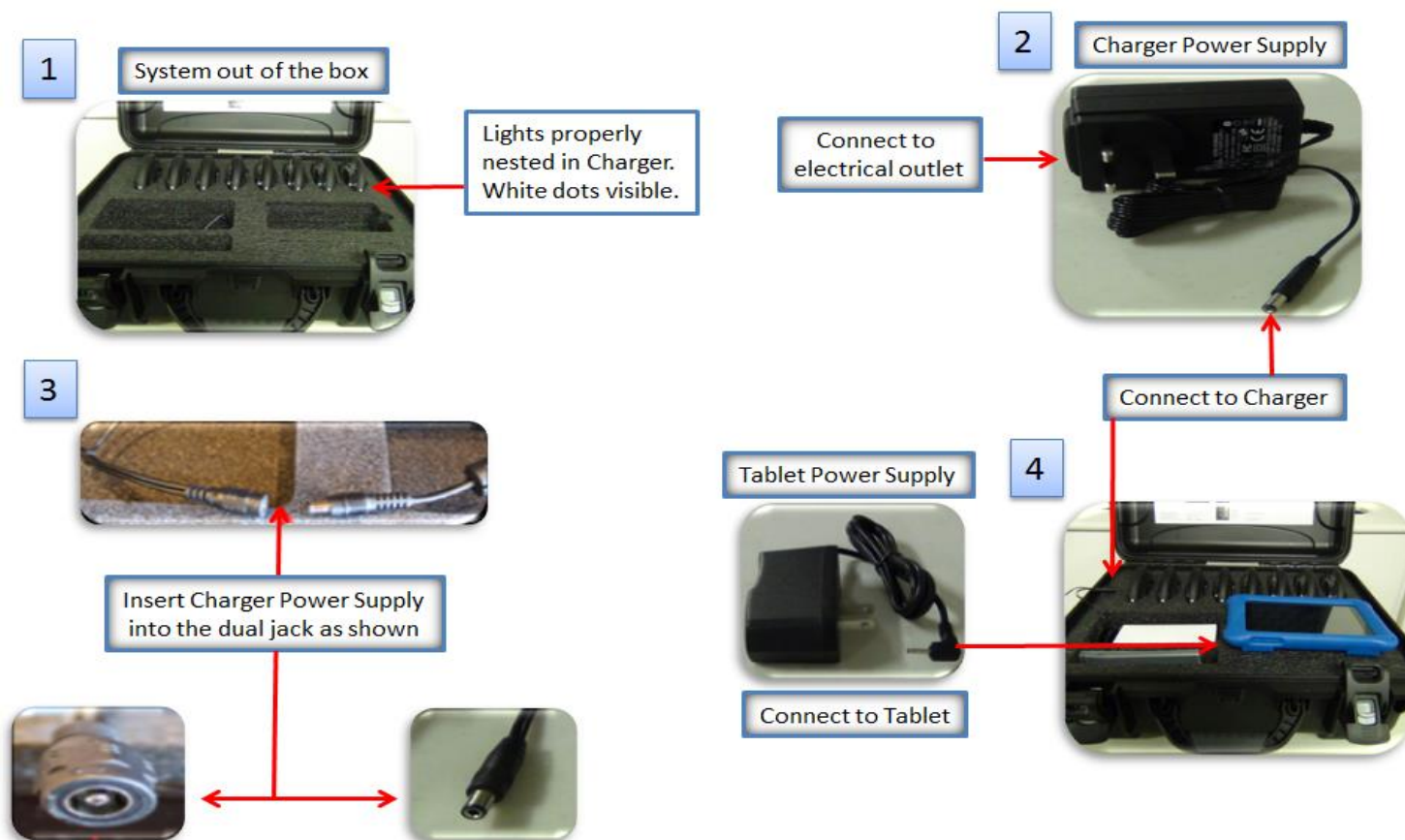
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Step#2 Charging the System

1. The system comes with the lights already in position to be charged. During shipment, the lights may have been displaced. Please make sure that the lights are positioned with the "White Dots" level with the foam of the case. Please take note of these connections for future reference.
2. Insert the Power Supply jack into the free end of the input jack from the Charger. The input jack on the Charger can easily be identified as it is the female dual cable jack. Connect the Tablet Controller with its own Power Supply. See illustrations below.
3. The lights should be inserted into the charger with the two contact points facing downwards to match the contact points in the Charger. **Make sure that the contacts are in line with the contacts in the Charger Case and the "White Dots" are aligned with the top of the foam insert.**

Note well: If the lights are not inserted correctly into the charger case, the Power Supply will shut off and there will be no power to the Charger until the lights are inserted correctly.

Interrupted power to the Charger is easily determined by removing one light at a time and the remaining lights will come on once the misaligned light is removed. Reposition the lights in the Charger until the lights are all illuminated.



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Step#2 Charging the System

Connection of the Power Supply to the Tablet.



Always charge
lights with the
Velcro
attachment on



Insert the lights so
that the contacts on
the lights are properly
aligned with the
contacts in the
Charger



1. Make sure the lights are properly centered onto the contacts of the Charger.
2. Should the light not illuminate, check to make sure that the light is correctly positioned.
3. As the system is used continuously, the contacts may be pushed out of contact with the lights, they can easily be adjusted by pulling them forward until contact is made with the light.
4. Always charge the lights with the Velcro attachment on, as this aligns the lights in the Charger slot.

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OPERATIONAL TIPS

1. It is important that the lights are positioned in the charging case correctly and are seated in the cradle. Always place the lights in the Charger with the Velcro attachment on the light.
2. When the lights are inserted correctly and the system is powered up, the lights will be **yellow**.
3. When the lights are charging, they will cycle from **yellow** to **green**.
4. When the system is fully charged, the lights will go completely **green**.
5. If the lights are not powered on, check that all of the lights are seated correctly in the case and the “White Dots” on the lights are visible above the foam insert.
6. The system should be charged for 3 hours for the first time before use.
7. The lights will flash **red** when they are low on battery charge.
8. Allow the Tablet Controller ample time to find all of the lights. The lights should all be found within 90-120 seconds. If all lights are not found reboot the system.
9. To reboot the system, press and hold the “On” at the side of the Tablet button for 5 seconds.

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Step# 3 Controller Operations

1. The Tablet Controller enables you to operate the fitLights™. You can program routines, collect and store data, edit drills and create various exercise programs. The Controller can also be used to download data to the Fitlight Data Management Utility on your computer for further analysis.

Tablet Controller



1. Power on the Controller by depressing the On/Off button for 5 seconds.
2. After the Controller is powered on, several "Boot" screens will appear .
3. After booting up, the main menu will appear as shown below .
4. The functions on the screen can be activated by touching the menu for each segment.
5. The lights are preset to the Controller and this allows you to go directly to the 'Training' menu to start training. If all of the lights were not connected you will need to set up the wireless. Refer to the wireless connection to the lights section.

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Start up Sequence of Screens

Once the Tablet is turned on you will see several start up screens as shown, before it gets to the Fitlight Trainer™ Program.



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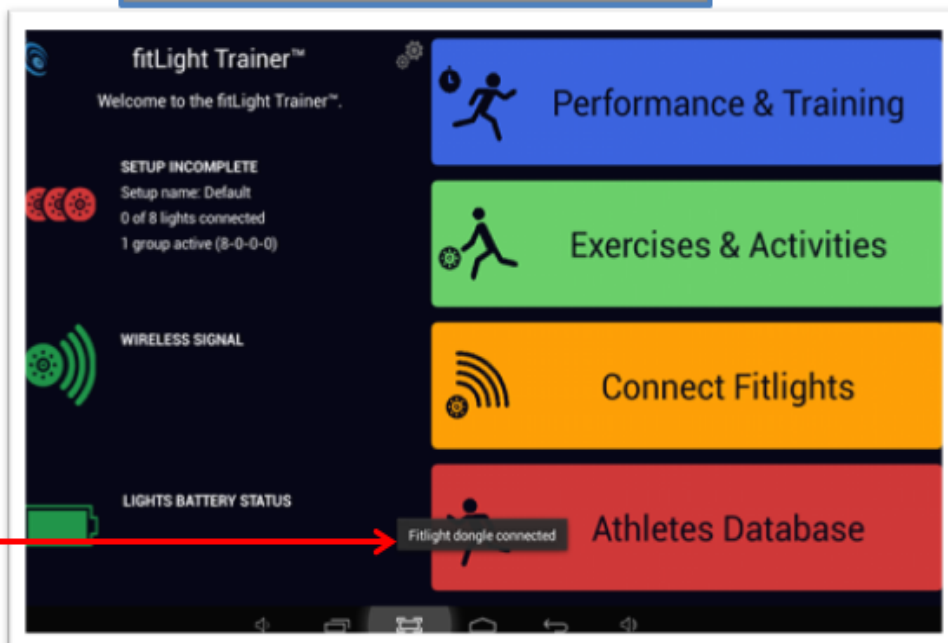
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Start up Sequence of Screens

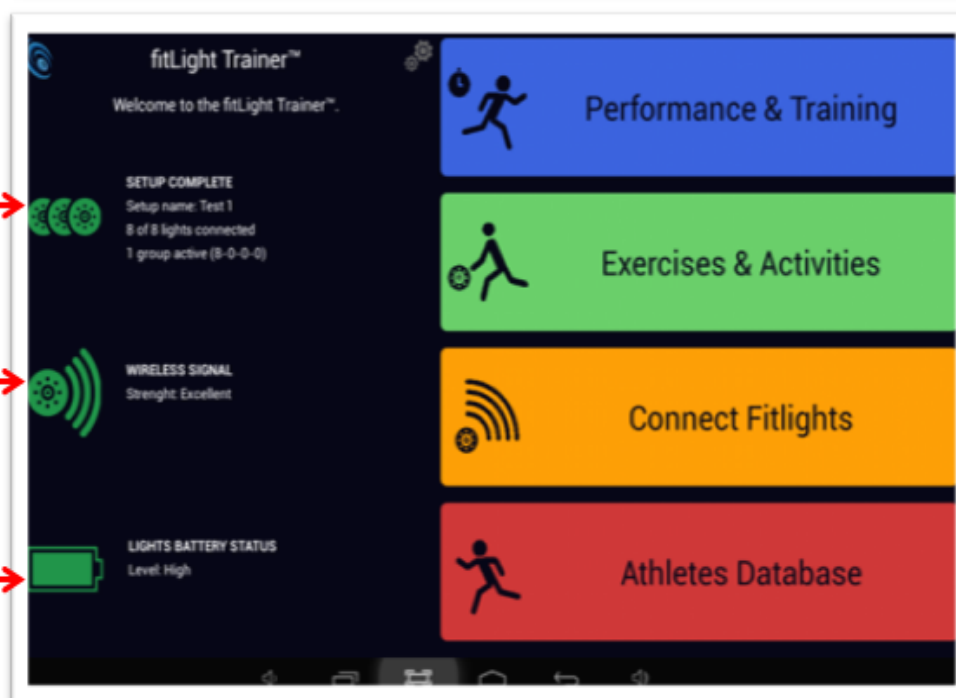
Observe message "Fitlight Dongle connected" is shown after the Tablet "Boots" up.



Observe message "Set Up Complete" is shown after the Tablet "Boots" up.

Observe "Strength of Wireless Signal" **Green**, indicates a good signal, **Amber** a medium strength signal and **Red**, a poor signal connection..

Observe "Light Battery Status"



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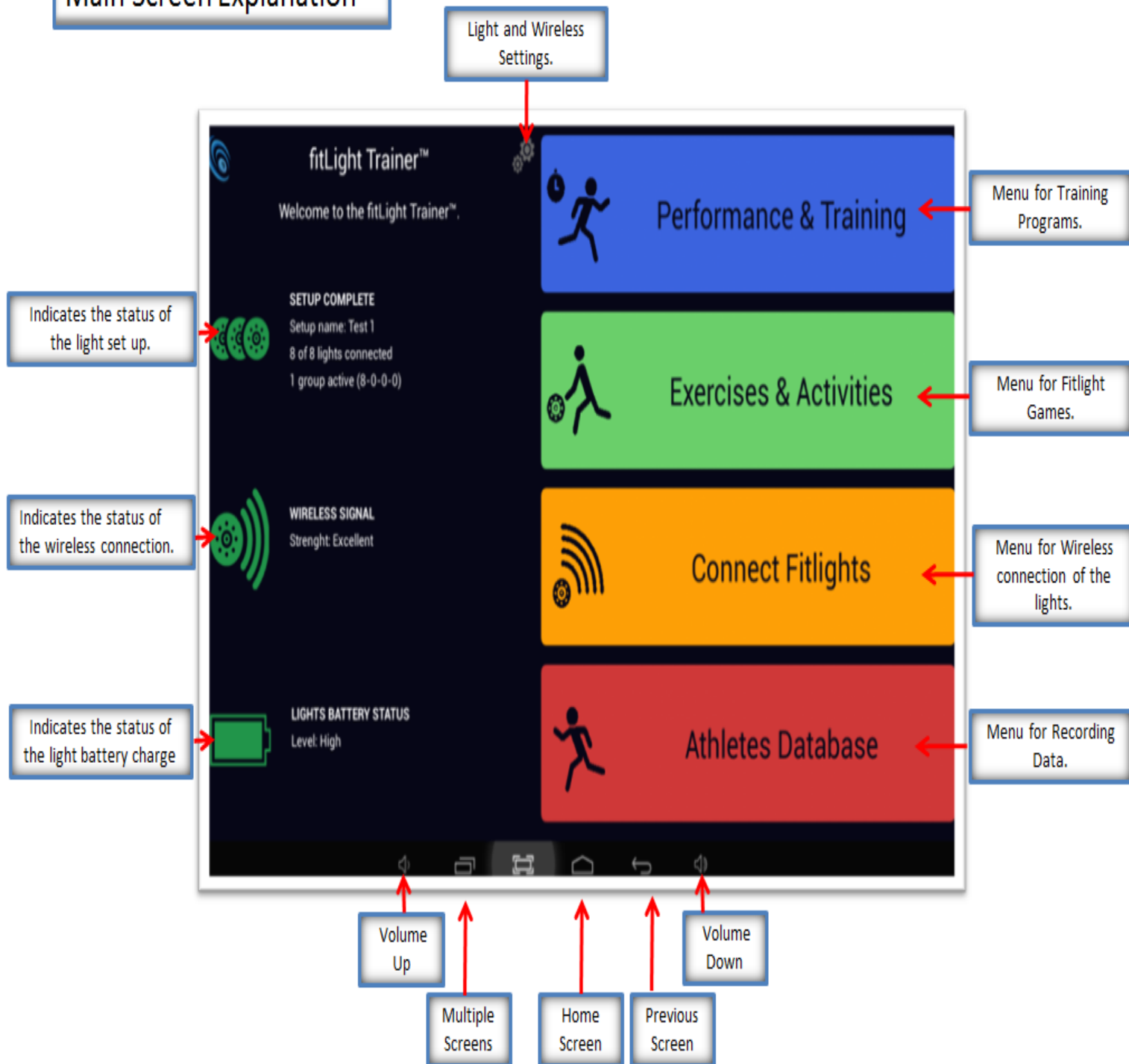
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Main Screen Explanation



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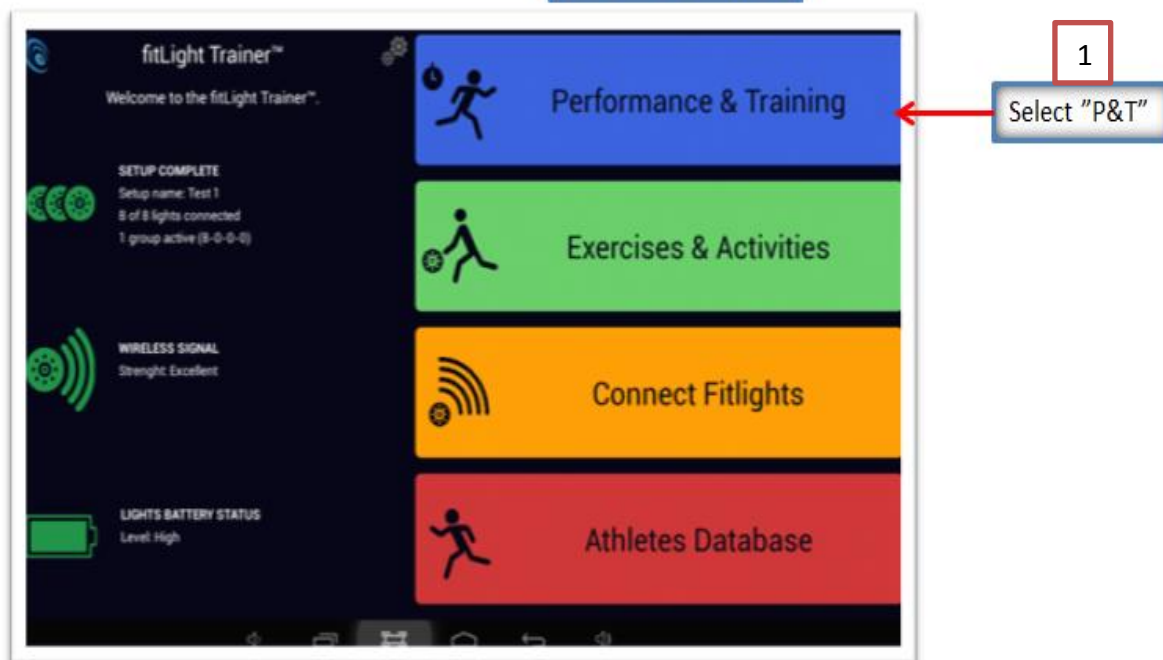
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Start Training



2

Select "Random Training"



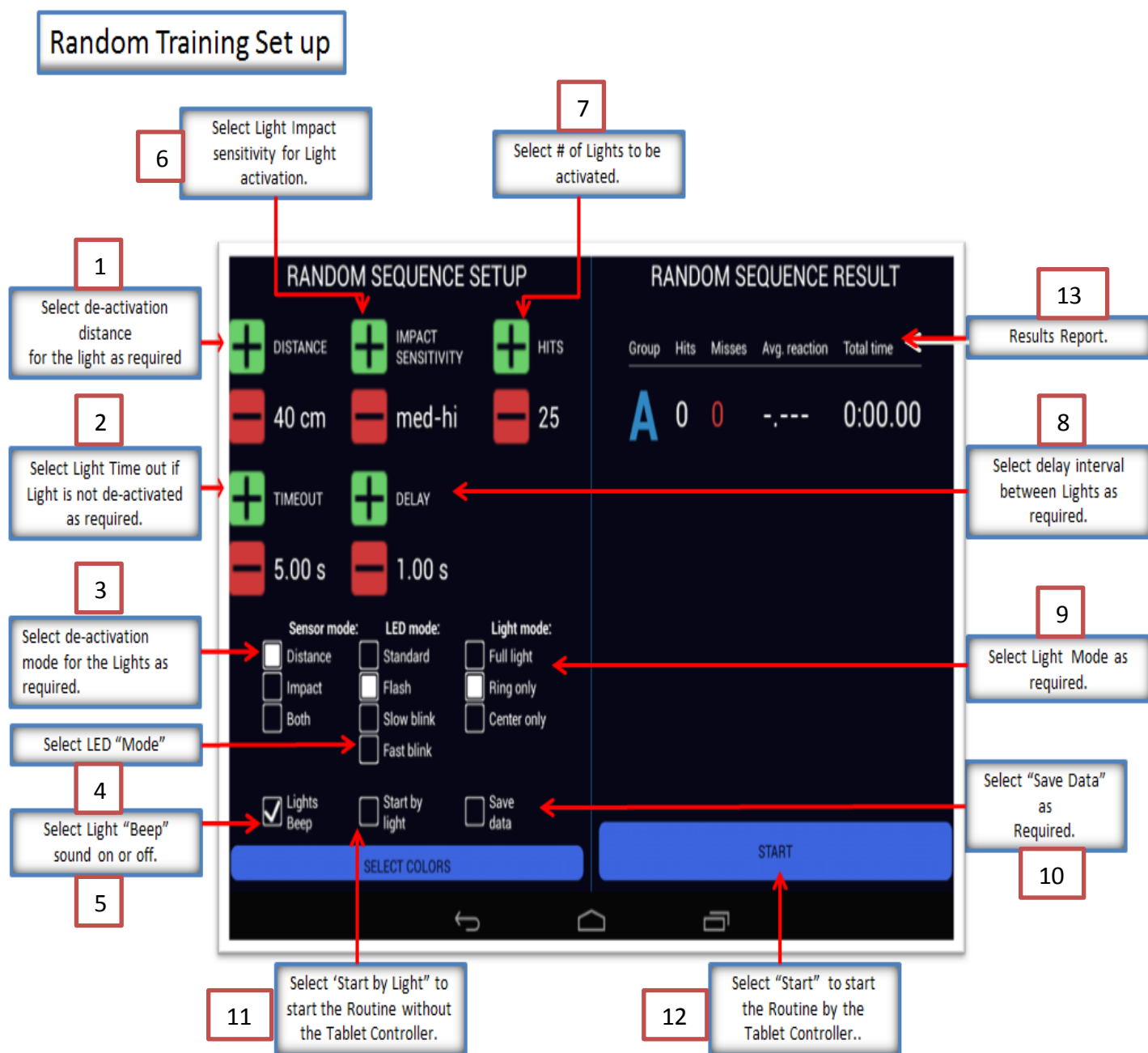
1. Select "Performance and Training" by touching on the menu.
2. A new menu with a series of selections for programming of routines is presented. Select "Random Training" and a new menu screen will open .

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1. The deactivation distance can be set from 10 cms to 80 cms.
2. The time out can be set from 0.25 seconds to 10 seconds.
3. There are 3 deactivation modes to select from. Distance only, Impact only or both, which means the light can be deactivated by motion or Impact.

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4. Select the “LED” mode of the light, there are 4 selections, which will have the LEDs flash rapidly or slowly etc. per your preference and ease of visibility.
5. Select if sound (Beep) is required.
6. Select the sensitivity of ‘Impact’ as required, “soft hit or a firm hit”.
7. Select the number of hits/lights required in the routine. The example shows 25. Use the **+/-** buttons to increase or decrease the number.
8. Select the “Delay” interval between lights coming on in succession.
9. Select, the mode for the lights, there are 3 choices, Full light, Perimeter light or just the Centre of the light that illuminates.
10. Select “Save Data” if you require the results of the routine to be saved for future analysis.
1. Select “Start by Light” if you would like the “User” to start the routine.
12. Select “Start” if the routine is to be controlled by the administrator.
13. This gives you the results of the run, see following pages for explanation of the “Results”.

Light Parameter Explanations

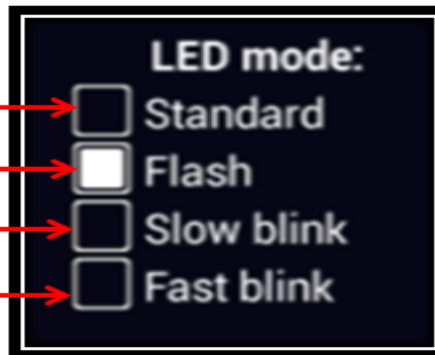
LED Mode explanation

Light does not flash when it activates

Light flashes initially when it activates

Light flashes slowly when it activates

Light flashes rapidly when it activates

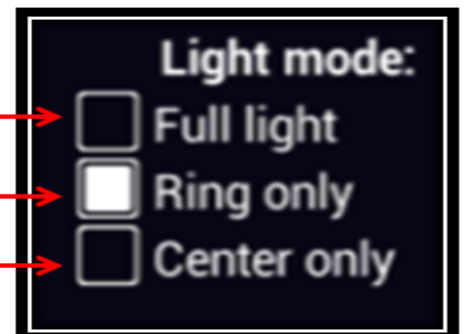


Light Mode explanation

Light is fully illuminated when it activates

Light outer ring is illuminated when it activates

Light center only is illuminated when it activates



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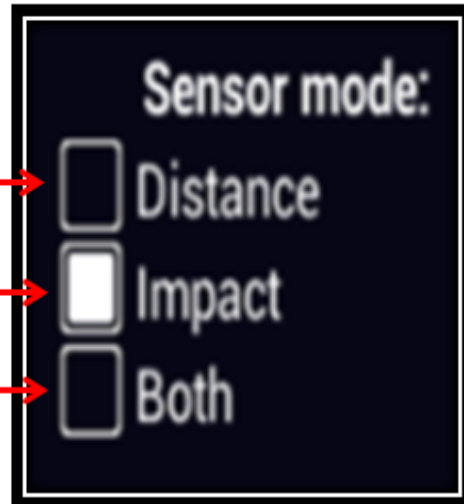
Light Parameter Explanations

Sensor Mode explanation

Light de-activates by proximity sensing.

Light de-activates by impact sensing.

Light de-activates by proximity and /or impact sensing.



Light Mode explanation

Sound to the Light is turned off.

Sound to the light is turned on when light illuminates

Light beeps when de-activated.

Light beeps if not de-activated.



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Random Training

Once all of the Parameters are set for the training routine., select start to begin the training in "Random Mode". In Random Mode, lights are randomly selected by the Program.

RANDOM SEQUENCE SETUP				
<input checked="" type="checkbox"/> DISTANCE	<input checked="" type="checkbox"/> IMPACT SENSITIVITY	<input checked="" type="checkbox"/> HITS		
<input checked="" type="checkbox"/> 40 cm	<input checked="" type="checkbox"/> med-hi	<input checked="" type="checkbox"/> 25		
<input checked="" type="checkbox"/> TIMEOUT	<input checked="" type="checkbox"/> DELAY			
<input checked="" type="checkbox"/> 5.00 s	<input checked="" type="checkbox"/> 1.00 s			
Sensor mode:				
<input type="checkbox"/> Distance	<input type="checkbox"/> Impact	<input type="checkbox"/> Both		
LED mode:				
<input type="checkbox"/> Standard	<input type="checkbox"/> Flash	<input type="checkbox"/> Slow blink	<input type="checkbox"/> Fast blink	
Light mode:				
<input type="checkbox"/> Full light	<input type="checkbox"/> Ring only	<input type="checkbox"/> Center only		
<input checked="" type="checkbox"/> Lights Beep	<input type="checkbox"/> Start by light	<input type="checkbox"/> Save data		
SELECT COLORS				

RANDOM SEQUENCE RESULT				
Group	Hits	Misses	Avg. reaction	Total time
A	0	0	-.---	0:00.00

START

Select "Start" to start the routine.

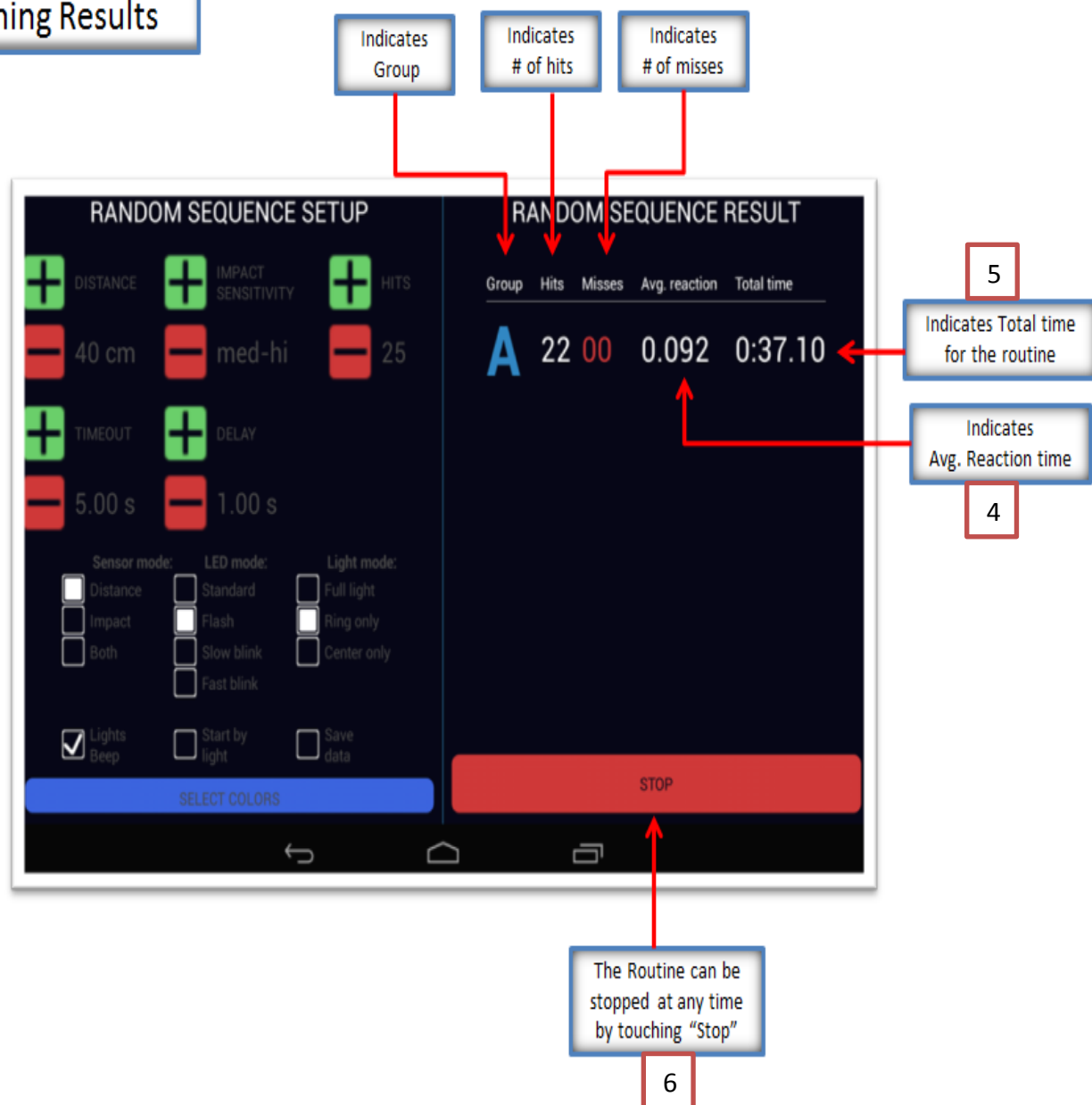
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Random Training Results



1. Indicates the Group or Groups in the routine.
2. Indicates the number of hits actually performed in the routine.
3. Indicates the numbers of misses from the routine.
4. Indicates the average time per hit/deactivation.
5. Indicates the total time used to complete the routine.
6. "Stop" can be used at any time to cancel the routine.

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Random Training Light Colour Selection Set up.

RANDOM SEQUENCE SETUP

RANDOM SEQUENCE RESULT

Group	Hits	Misses	Avg. reaction	Total time
A	0	0	-.---	0:00.00

Sensor mode:
☐ Distance
☐ Impact
☐ Both

LED mode:
☐ Standard
☐ Flash
☐ Slow blink
☐ Fast blink

Light mode:
☐ Full light
☐ Ring only
☐ Center only

☒ Lights Beep
☐ Start by light
☐ Save data

SELECT COLORS

START

1

Select individual Light colour , series of colours or Group colours.

Screen #1

1. Touch "Select Colours and a new menu will appear.

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“Light Colour Selection Process”

Random Training Light Colour Selection



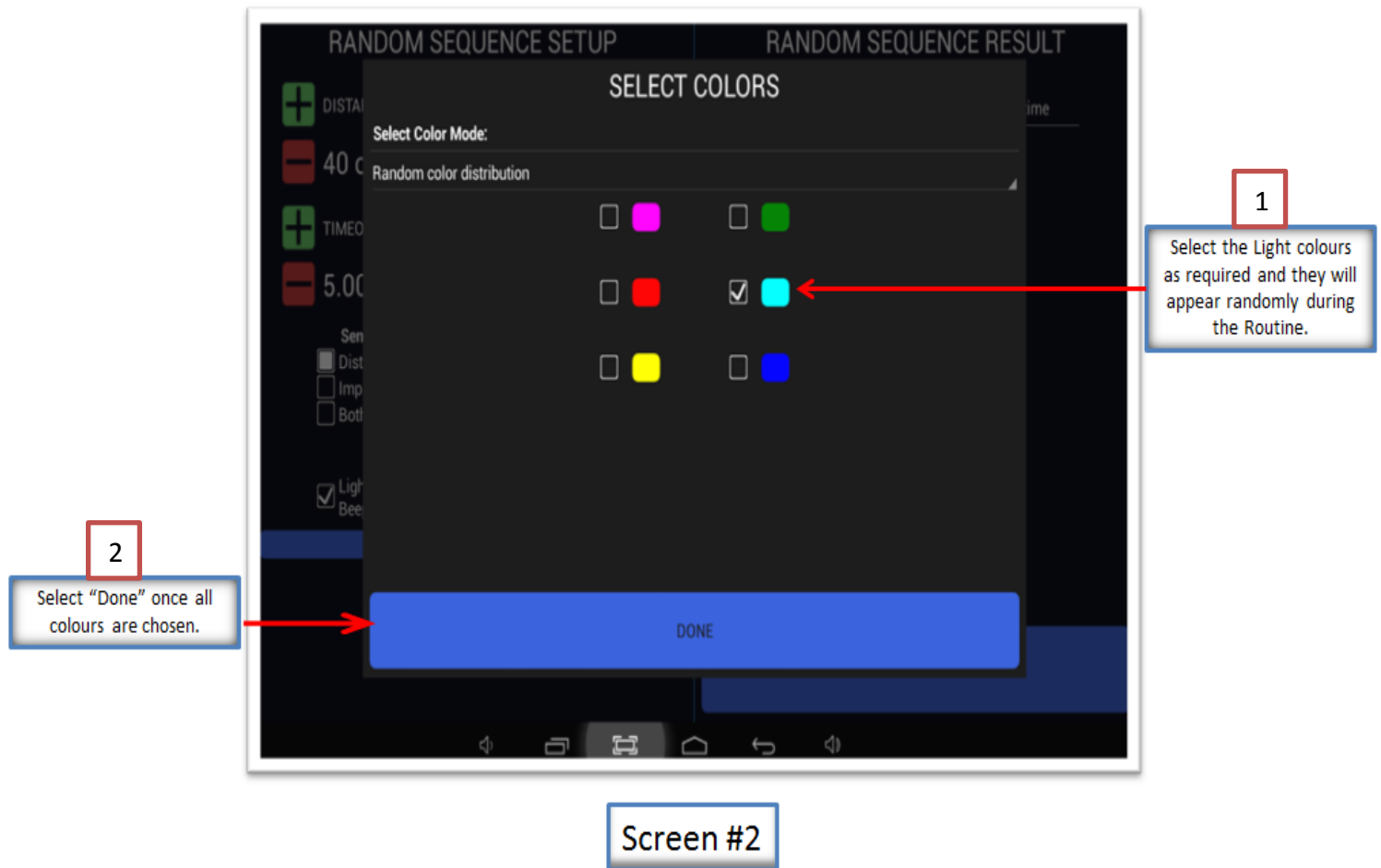
Define Hits per Light Colour Set up.



Define Light Colour per Group Set up.



Random Training Light Colour Distribution Set up.



1. Select the lights clours required for the Routine by ticking the clour boxes.The clours selected will appear randomly during the routine.
2. Select "Done" once all colours required are selected.

Random Training Light Colour Distribution Set up.

Define Hits per Light Colour Set up.

Note: The program will randomly select the colours as per the number of hits defined per colour.

1

Select "Random colour distribution" and a drop down menu will appear as shown.



Screen #1

1. Select "Random colour distribution" and a drop down menu appears. This allows you to select a defined number of hits per colour selected.

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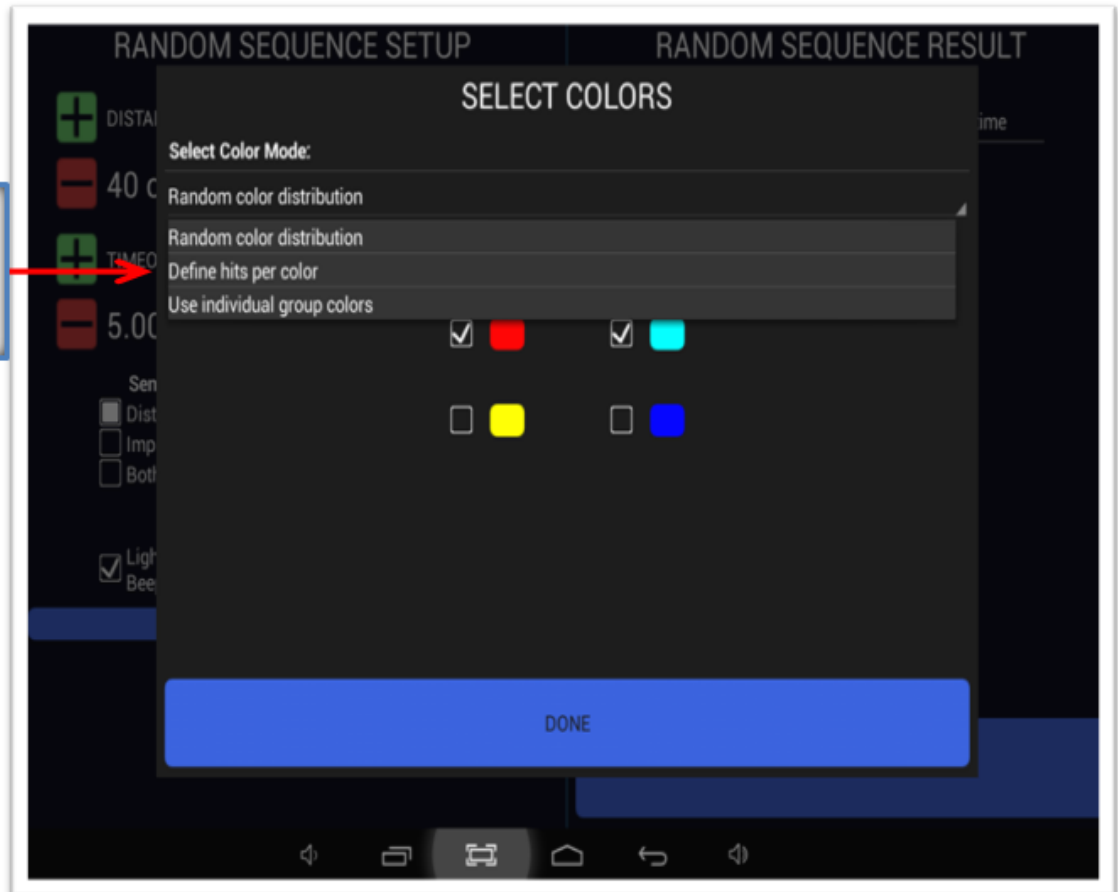
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Define Hits per Light Colour Set up.

1

Select "Define Hits per Colour". This allows the selection of defined number of hits per colour.



Screen #2

1. Select "Define hits per colour" and a new menu screen will appear for the selection of hits per colour.

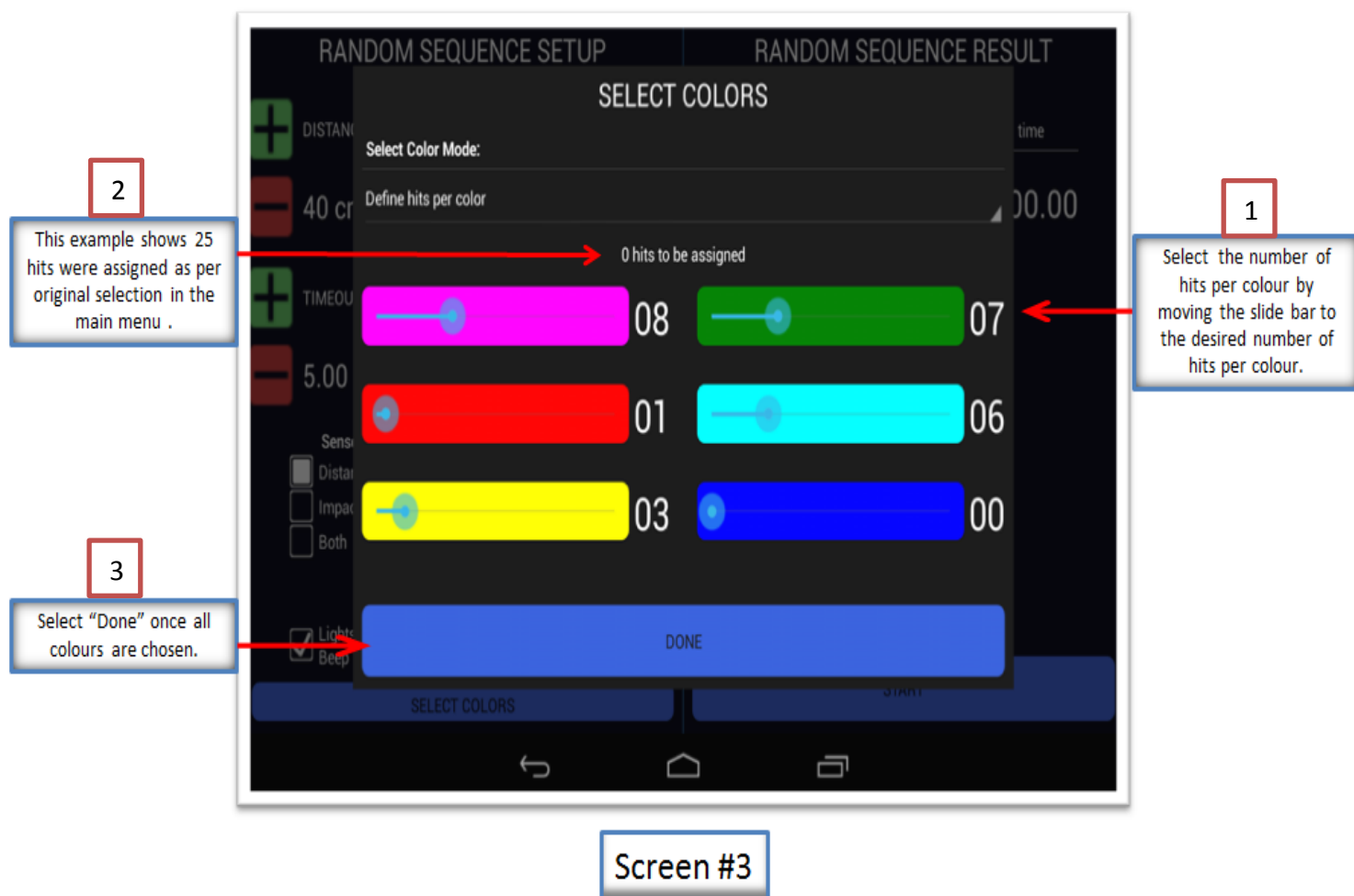
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Define hits per Light Colour Set up.



1. Select the number of hits per light by moving the slide bar to the desired number of hits per colour. The number of hits per colour will be illustrated and the total hits will be deducted from the original set up.
2. In this example, there are 25 hits in the original program and it shows that there is "1" remaining hit to be assigned a colour.
3. Select "Done" once all hits are assigned.

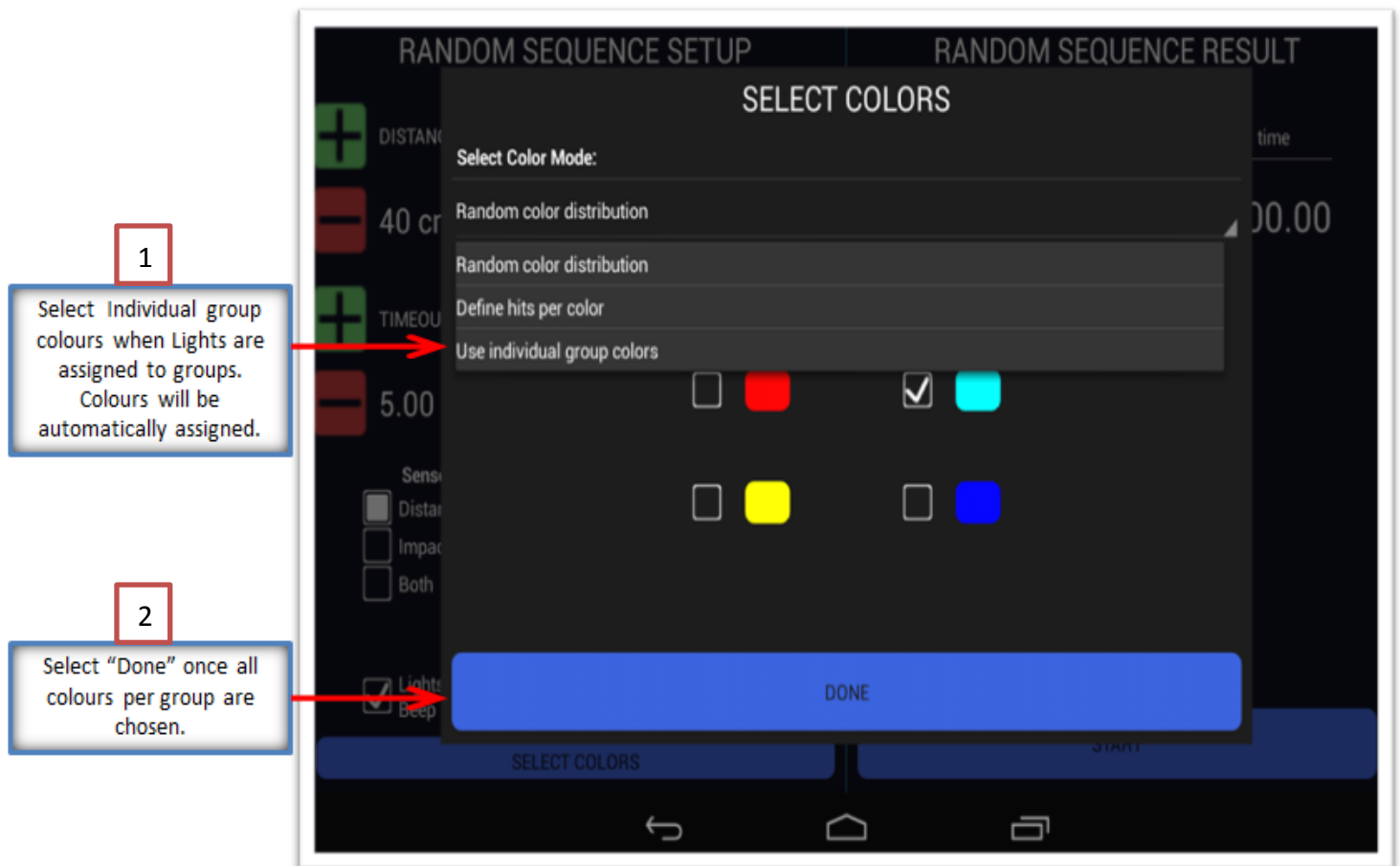
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Define Light Colour per Group Set up.

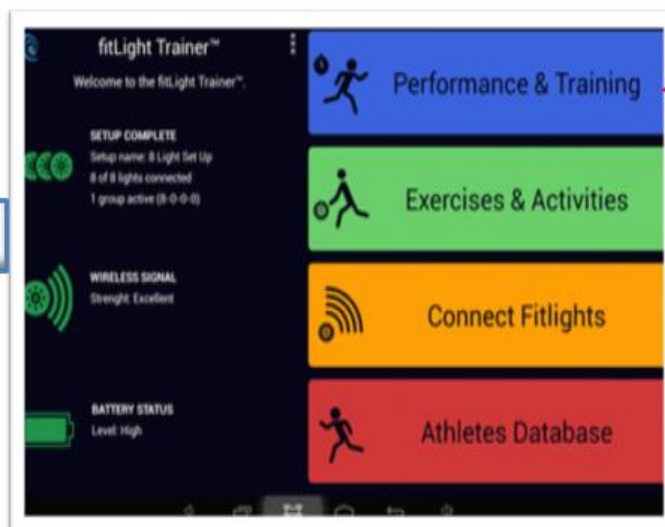


Screen #1

1. Select "Use individual group colours to assign different colours per group as required.
2. Select "Done" once all group colours are selected.

Program or Edit a Sequence

Step 1



Select "P&T"



Select "Program Sequences"

Step 2

1. Select "Performance and Training" by touching on the menu.
2. A new menu with a series of selections for programming of routines is presented. Select "Program Sequences" and a new menu screen will open .

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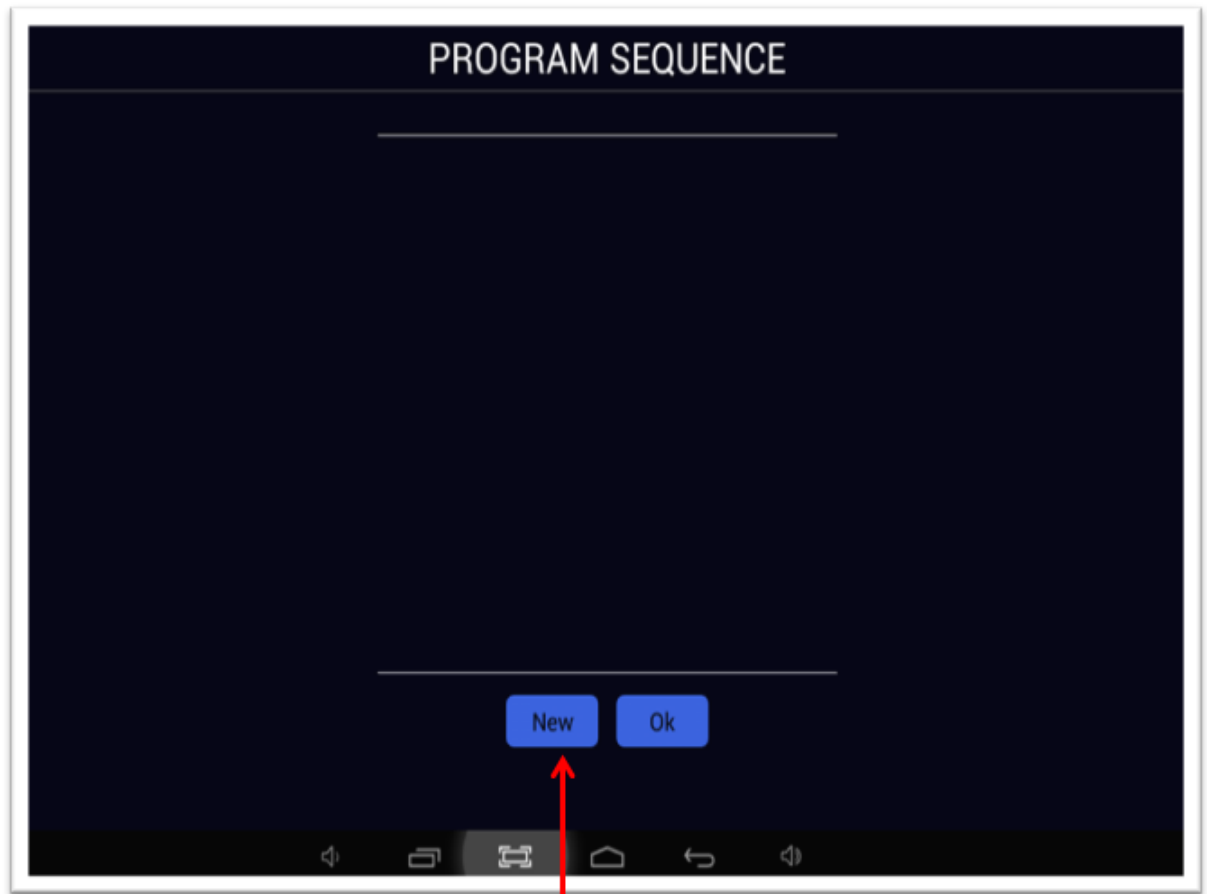
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Program a Sequence

Step 3



Select "New"

1

1. Select "New" to start the programming process. A new menu will open to allow programming.

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Program a Sequence



1

Select "New Step"

Step 4

1. Select "New Step" by touching on the location of the new step. A drop down menu will appear to enable you to select the light number.

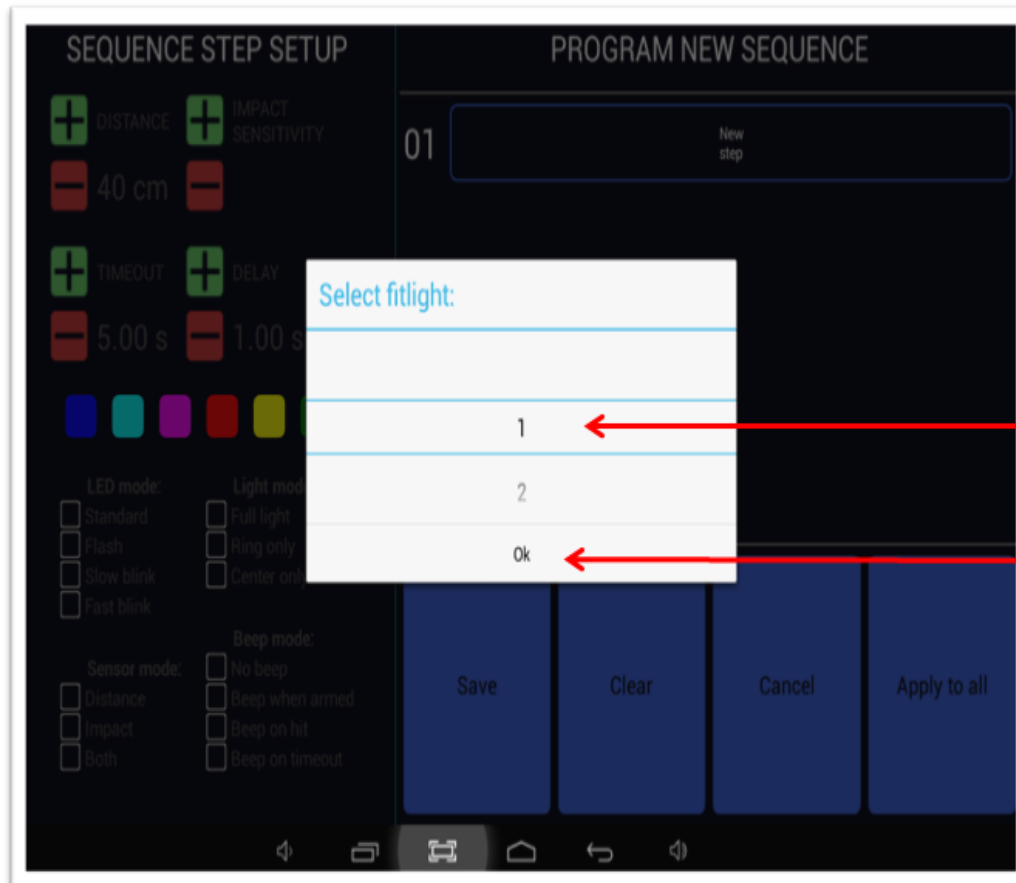
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Program a Sequence



1

1. Select the light # by scrolling the drop down menu.
2. When the correct light # is in the window, select "OK" and the light # will be inserted into the sequence. For this example, Light #1 is chosen.

Select "OK" to accept light#1..

2

Step 5

1. Select the light# by scrolling down.
2. Once the # appears in the window , touch "OK". In this example , light#1 is selected.
3. Once "Ok" is selected a new screen will appear which will allow the selection of all the light parameters .

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Program/Edit a Sequence

Step 6

Select Light Impact sensitivity for Light activation.

1 Select de-activation distance for the light as required

2 Select Light Time out if Light is not de-activated as required.

3 Select Light Colour as required.

4 Select LED mode as required.

5 Select de-activation mode for the Lights as required.

6 Select Light "Beep" sound on or off.

11 Select "Save" to save all inputs

10 Select "Clear" to remove all inputs

12 Select 'Apply to All' and all of the same settings will be applied to all of the lights.

8 Select delay interval between Lights as required.

7 Select Light Mode as required.

Indicates Light#1 is the first step and it is Blue.

The screenshot shows the 'SEQUENCE STEP SETUP' screen. It is divided into two main sections: 'SEQUENCE STEP SETUP' on the left and 'PROGRAM NEW SEQUENCE' on the right. The 'SEQUENCE STEP SETUP' section includes controls for Distance (40 cm), Impact Sensitivity (low-med), Timeout (3.00 s), Delay (0.05 s), Light Colour (Blue), LED mode (Standard, Flash, Slow blink, Fast blink), Light mode (Full light, Ring only, Center only), Beep mode (No beep, Beep when armed, Beep on hit, Beep on timeout), and Sensor mode (Distance, Impact, Both). The 'PROGRAM NEW SEQUENCE' section shows a list of steps (01, 02) with a 'New step' button. At the bottom, there are four large buttons: 'Save', 'Clear', 'Cancel', and 'Apply to all'. Red arrows point from numbered callouts to specific elements on the screen.

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The light parameters can now be selected as per requirements.

1. The deactivation distance can be set from **10 cms to 80 cms**, use the +/- to adjust. The distance increments are 10 cms.
2. The time out can be set from **0.10 seconds to 120 seconds**. The time out increments are 0.10 seconds up to 10 seconds , after which it increments by 10 seconds. **The “Time Out” function can also be turned off by going past 120 seconds.**
3. Select light colour as required by selecting the colour box.
4. Select the “LED” mode of the light, there are 4 selections, which will have the LEDs flash rapidly or slowly etc. per your preference and ease of visibility.
5. There are 3 deactivation modes to select from. Distance only, Impact only or both, which means the light can be deactivated by motion or Impact.
6. Select if sound (Beep) is required.
7. Select, the mode for the lights, there are 3 choices, Full light, Perimeter light or just the Centre of the light that illuminates.
8. Select the “Delay” interval between lights coming on in succession.
9. Select the sensitivity of ‘Impact’ as required, “soft hit or a firm hit”.
10. Select clear to remove all data. A drop down menu will appear to query if you are sure as all data inputs will be cleared and cannot be recovered.
11. Select “Save “ to save your program, a drop down menu will appear to enable you to name the program as required.
12. Select “Apply to All” if you require the lights to have all of the same parameters .
1. Select “Start by Light” if you would like the “User” to start the routine.
12. Select “Start” if the routine is to be controlled by the administrator.

Program/Edit a Sequence Continuation

SEQUENCE STEP SETUP

+ DISTANCE + IMPACT SENSITIVITY
- 40 cm - low-med

+ TIMEOUT + DELAY
- 3.00 s - 0.05 s

LED mode: ☐ Standard ☒ Flash ☐ Slow blink ☐ Fast blink

Light mode: ☐ Full light ☒ Ring only ☐ Center only

Sensor mode: ☐ Distance ☒ Impact ☐ Both

Beep mode: ☐ No beep ☒ Beep when armed ☐ Beep on hit ☐ Beep on timeout

PROGRAM NEW SEQUENCE

01 1 New step

02 3 New step

03 New step

Save Clear Cancel Apply to all

Repeat the process as per step #1 for all subsequent lights required for the Routine. In this example , Light# 3 is shown as the second light in the sequence with a Yellow colour selected.

Step 7

1. Repeat the process for each light selected in the sequence. The above examples show light#3 is the next light programmed into the sequence and it will illuminate yellow once the sequence is executed.

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Program/Edit a Sequence Continuation

SEQUENCE STEP SETUP

☒ DISTANCE ☒ IMPACT SENSITIVITY
☒ 40 cm ☒ low-med

☒ TIMEOUT ☒ DELAY
☒ 3.00 s ☒ 0.05 s

☒ LED mode: ☒ Light mode:
☐ Standard ☐ Full light
☐ Flash ☐ Ring only
☐ Slow blink ☐ Center only
☐ Fast blink

☐ Sensor mode: ☐ Beep mode:
☐ Distance ☐ No beep
☐ Impact ☐ Beep when armed
☐ Both ☐ Beep on hit
☐ Beep on timeout

PROGRAM NEW SEQUENCE

01 ☒ 1

02 ☒ 3

03 ☒ 5

04

Repeat the process as per step #1 for all subsequent lights required for the Routine. In this example, Light# 5 is shown as the third light in the sequence with a **Green** colour selected.

Step 8

1. Repeat the process for each light selected in the sequence. The above examples show light#5 is the third light programmed into the sequence and it will illuminate **green** once the sequence is executed.

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Program/Edit a Sequence Continuation.

Multiple Light Activation Program Example

SEQUENCE STEP SETUP

☒ DISTANCE
 ☒ IMPACT SENSITIVITY

☒ 40 cm
 ☒ low-med

☒ TIMEOUT
 ☒ DELAY

☒ 3.00 s
 ☒ N/A

☐ Standard
 ☐ Full light

☐ Flash
 ☐ Ring only

☐ Slow blink
 ☐ Center only

☐ Fast blink
 ☐ Beep mode:

☐ Sensor mode:
 ☐ No beep

☐ Distance
 ☐ Beep when armed

☐ Impact
 ☐ Beep on hit

☐ Both
 ☐ Beep on timeout

PROGRAM NEW SEQUENCE

01	1	New step
02	3 1	New step
03	5 4	New step
04	7 6 1 2 8	New step
05	3	New step

Save

Clear

Cancel

Apply to all

Repeat the process as per step #1 for all subsequent lights required for the Routine..

In this example , Light# 3 and Light#1 will activate at the same time.

1

In this example , Light# 5 and Light#4 will activate at the same time.

1

In this example , Lights # 7,6,1,2 and 8 will activate at the same time.

2

Step 9

1. To program multiple lights to illuminate at the same time, insert the new light in the same program line as the first one. In the above example, in Step 2 and 3, lights#3 and #1 will illuminate at the same time.
2. In step 4, light#'s 7,6,1,2,3, will all illuminate at the same time, in various colours. It is possible to illuminate all of the lights that are available at the same time.

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Save and Name a Program

SEQUENCE STEP SETUP

DISTANCE **IMPACT SENSITIVITY**

40 cm **low-med**

TIMEOUT **DELAY**

3.00 s **N/A**

LED mode:

☐ Standard ☐ Full light

☐ Flash ☐ Ring only

☐ Slow blink ☐ Center only

☐ Fast blink

Light mode:

☐ No beep

Sensor mode: ☐ Beep when armed

☐ Distance ☐ Beep on hit

☐ Impact ☐ Beep on timeout

☐ Both

PROGRAM NEW SEQUENCE

01 **1** **New step**

02 **3** **1** **New step**

03 **5** **4** **New step**

04 **7** **6** **1** **2** **8** **New step**

05 **3** **New step**

Save **Clear** **Cancel** **Apply to all**

Select "Save".

1. Once a Program is complete , it can be saved by touching "Save" and a drop down menu will appear allow you to name and save the Sequence.

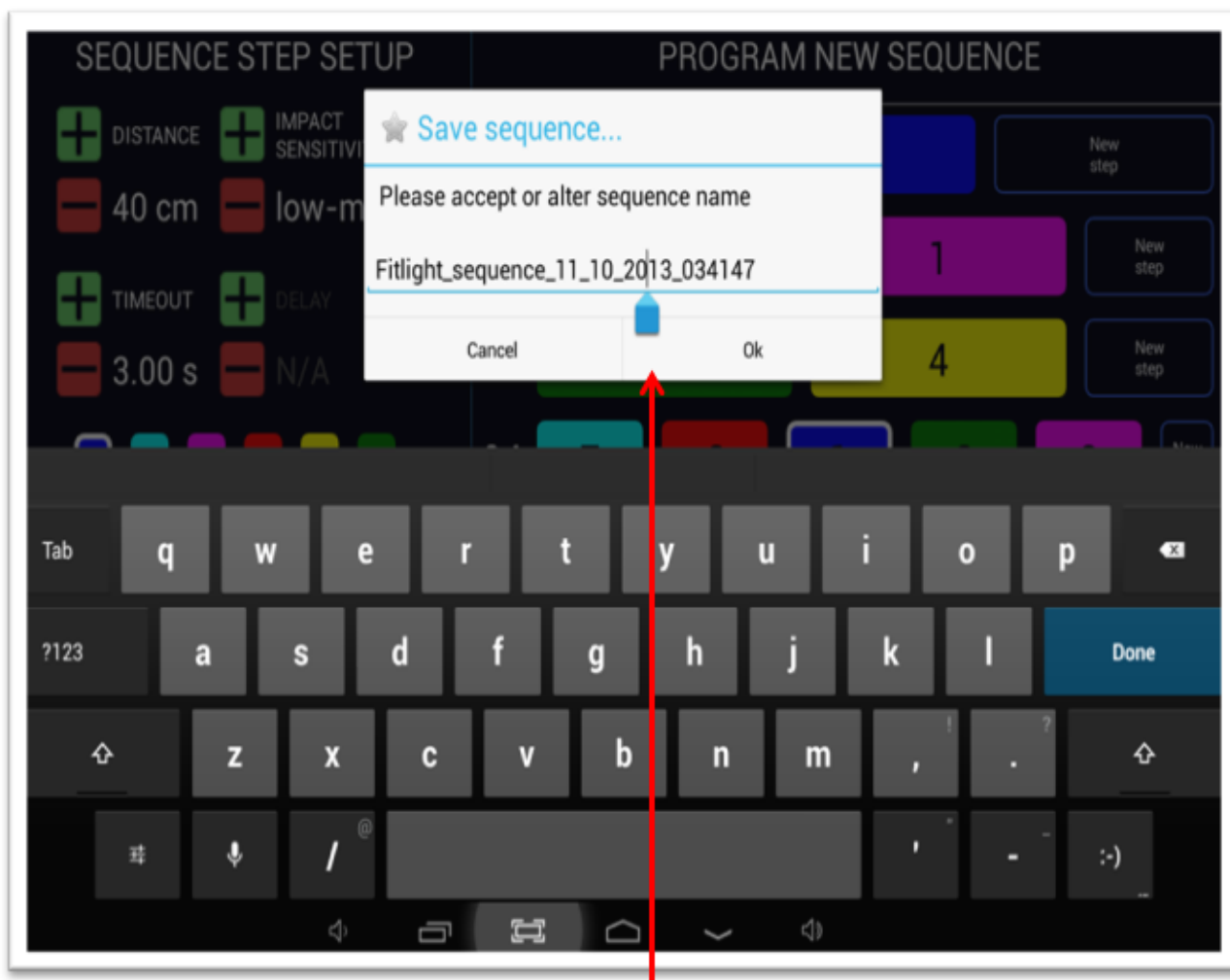
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Save and Name a Program

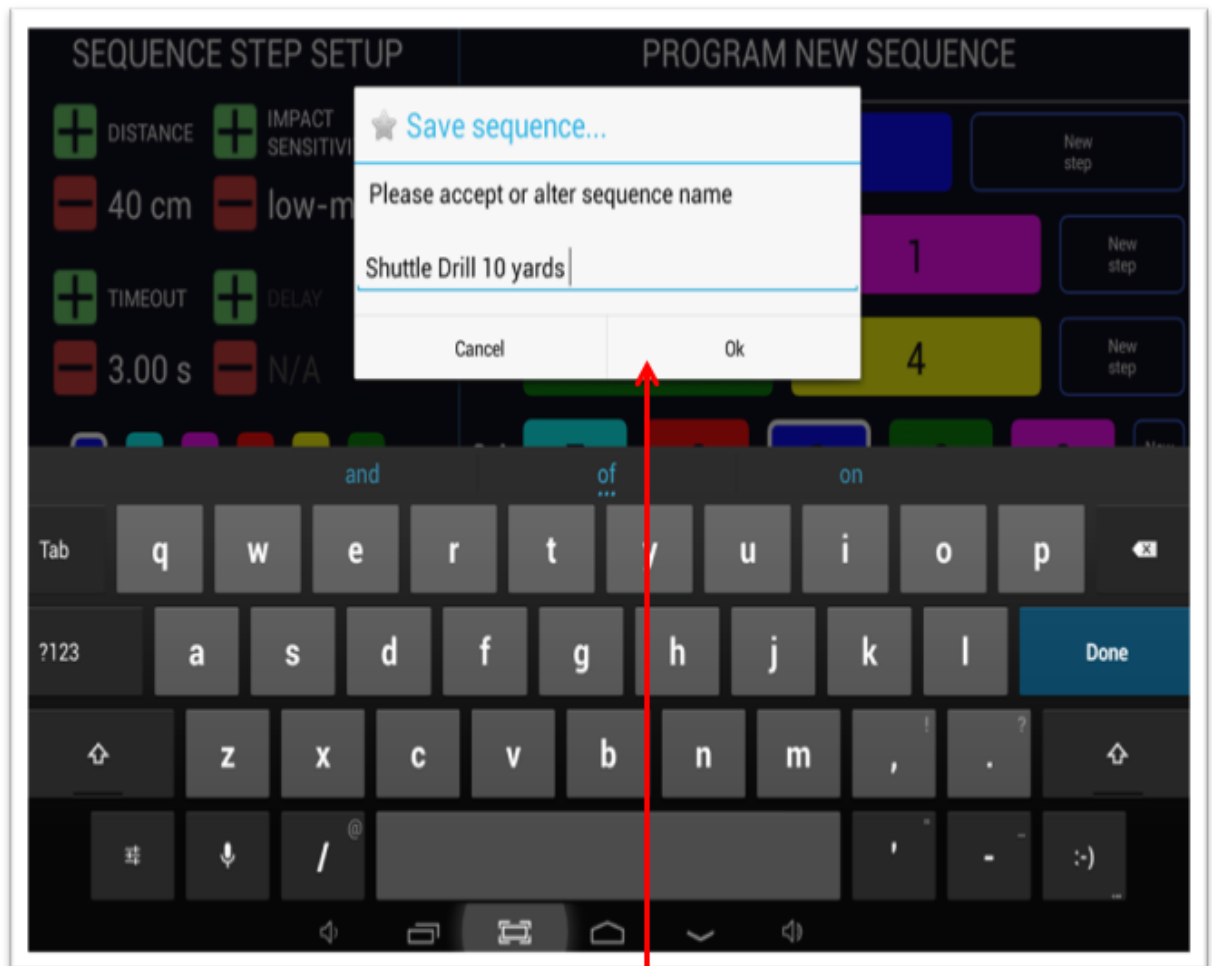


1. A Pop up notice will appear with a default number and date of the Sequence generation. This can be kept or changed, to keep the name , select "OK".
2. To change the name of the Sequence, type the new name as required and touch "OK" on the keyboard to save the change.

1. Type the name of the sequence as required using the keypad provided on the Tablet screen. Good practice should be naming the sequence which will allow you to easily recognise it for recall.
2. Select 'OK' once completed to store the new sequence.

Example of named Sequence for easy recall

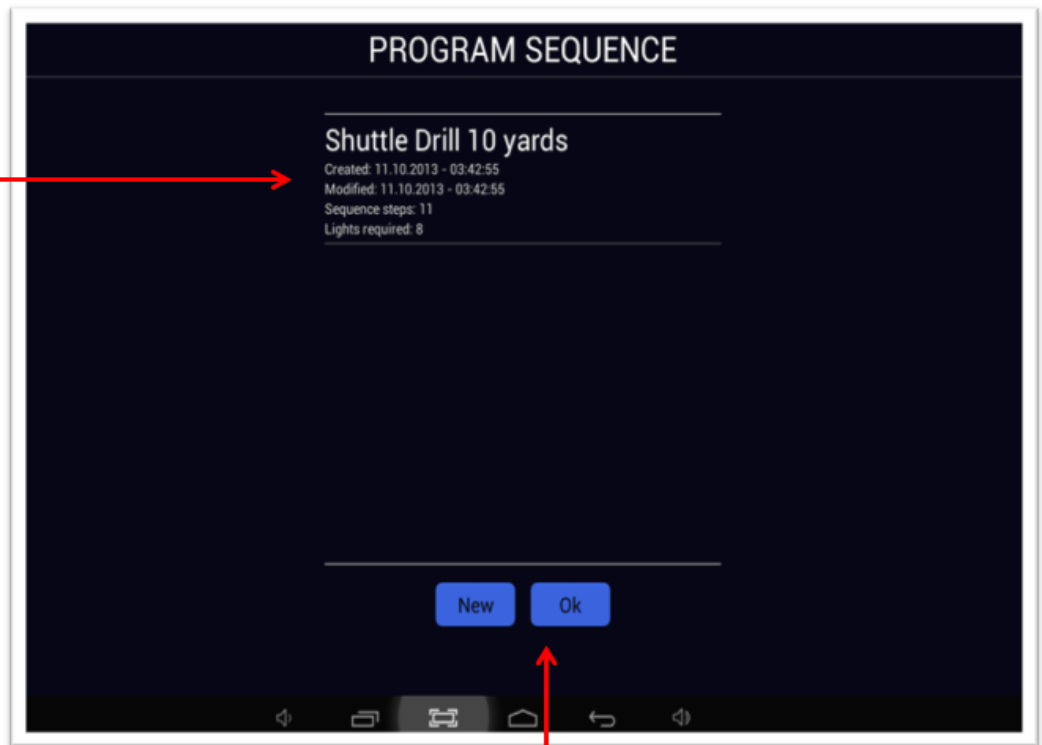
Save and Name a Program



Once the name has been typed as required, select "OK".
Best practice is to use names of Programs that best describe the activity for easy recall

Save and Name a Program

Once the Sequence has been saved it will appear in the Sequence library for recall. It will also indicate the profile of the Sequence, date, # of steps, etc.



To generate a new program sequence, touch "New" or touch "OK" to return to the main menu

1. To generate a new sequence, touch "New" .
2. To exit menu, touch "OK" and you will return to the "Performance and Training Menu."

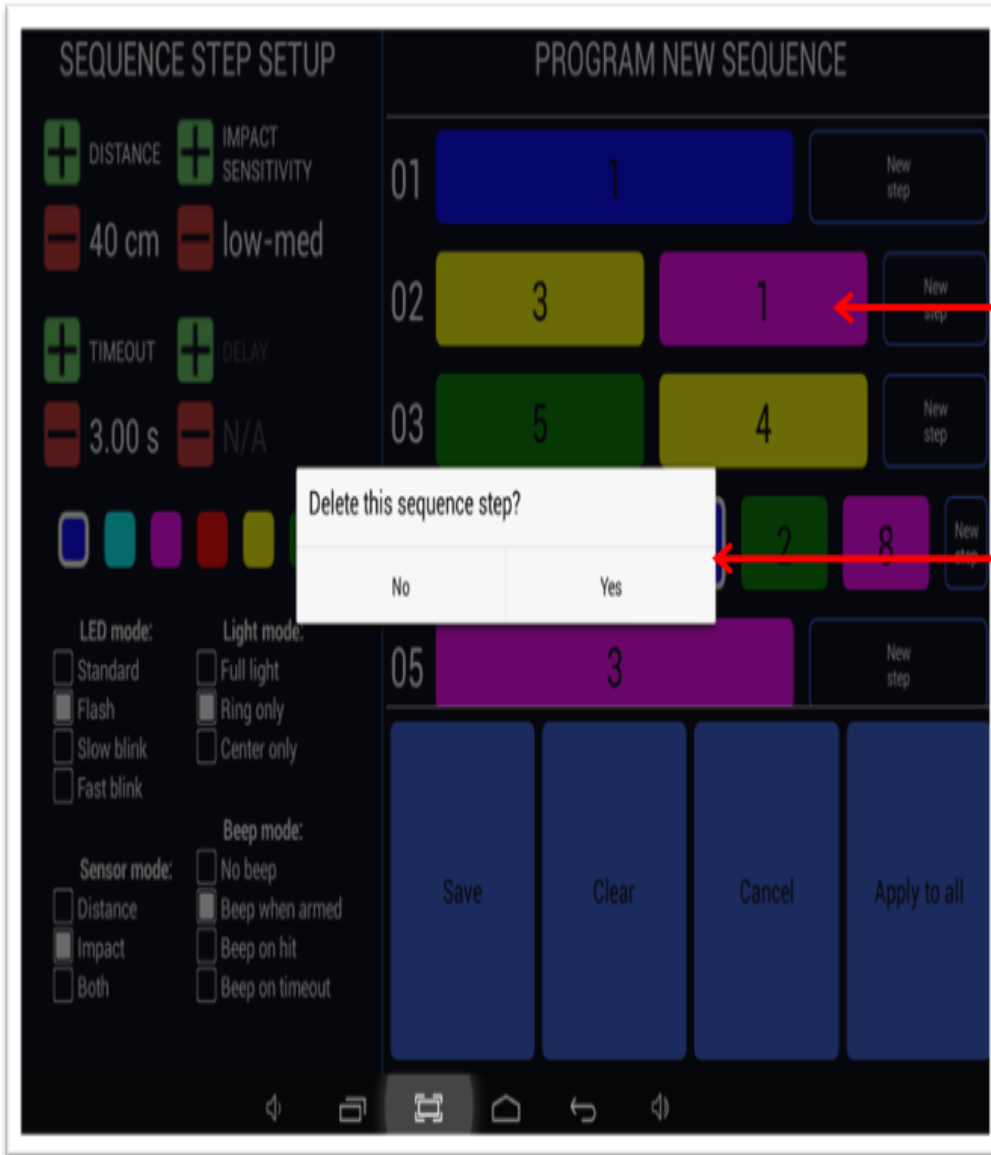


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Edit/Delete a Step



1

Press and hold to edit step 1 in this example..

To "Edit/Delete" a step , touch the step and a pop up menu will appear. Select "Yes" to delete the step or "No" to cancel

2

1. To delete a step, select the step by touching and holding on the step , and a pop menu will appear.
2. If you would like to delete the sequence step. If "OK" is selected the step will be removed.

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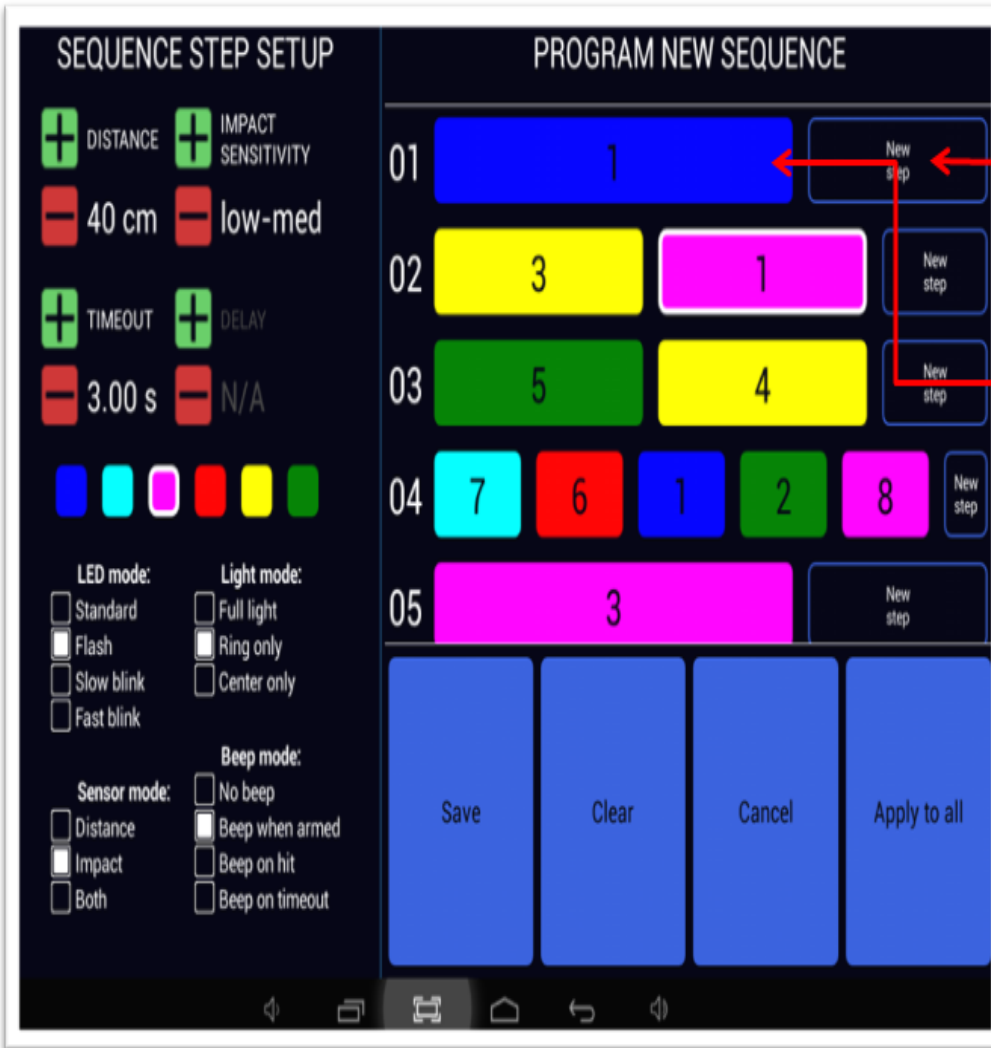
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Edit/Change /Insert a Step

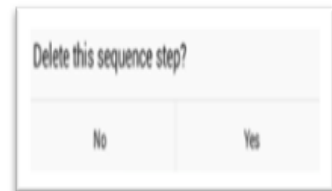
Example of changing step 01 from light#1 to light #6



1

Before deleting light#1, insert a new/required light in the "new step" block, eg. Light#6

Touch and hold light#1 block and a pop menu will appear



Select "Yes"

The light block will be removed and the new revised step will be inserted into Step 01.

2

1. To remove and replace an incorrect insertion of a light/step, first create a new step of the correct light, adjacent to the light that you wish to remove or edit. Once this is done move to the next part of the edit process.

2. Touch and hold the light/step that you would like removed. A pop up menu appears, select "Yes" and the step will be removed and replaced with the new step executed in point 1 above.

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Sequence “Pop Ups” Explanations

Edit/Clear a Sequence.



Select “Clear” to remove the entire sequence. A Pop up notice will appear for verification before the Sequence is cleared.

1. “Clear Sequence”: If this is selected, the entire sequence that was programmed will be deleted. Once executed it cannot be reversed/recovered.

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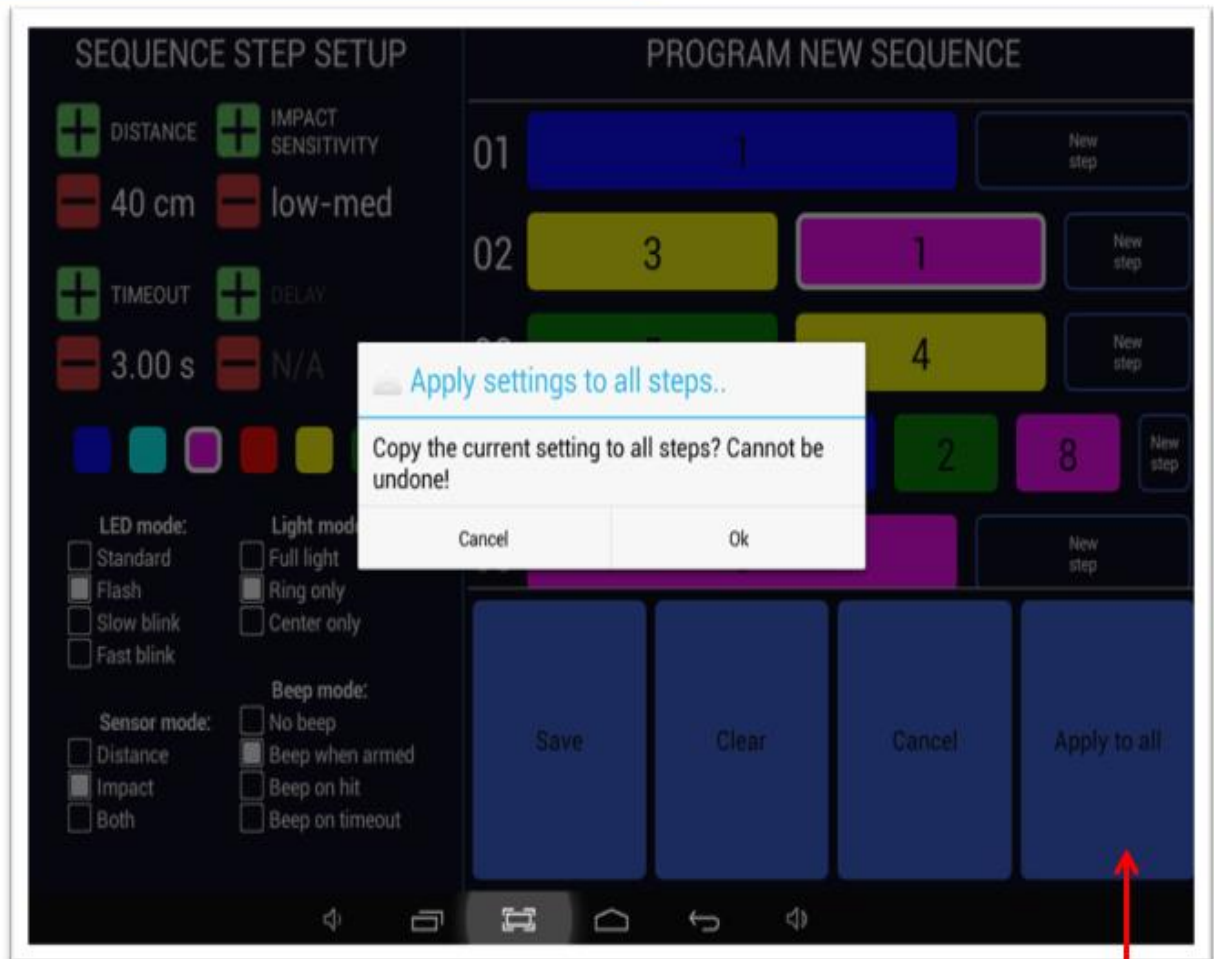
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Sequence “Pop Up Menu ” Explanations

Universal Settings for all steps in a Sequence.



Select “Apply to All” and this will apply all of the same parameters to all of the lights in the Sequence. A Pop up notice will appear for verification before the Sequence is changed.

1. Selecting “Apply to All” will apply all of the same parameters to every light in the sequence. Once this function is selected it cannot be reversed.

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Run Programmed Sequence

Run Programmed Sequence.

1

Select "Run Programmed Sequence".



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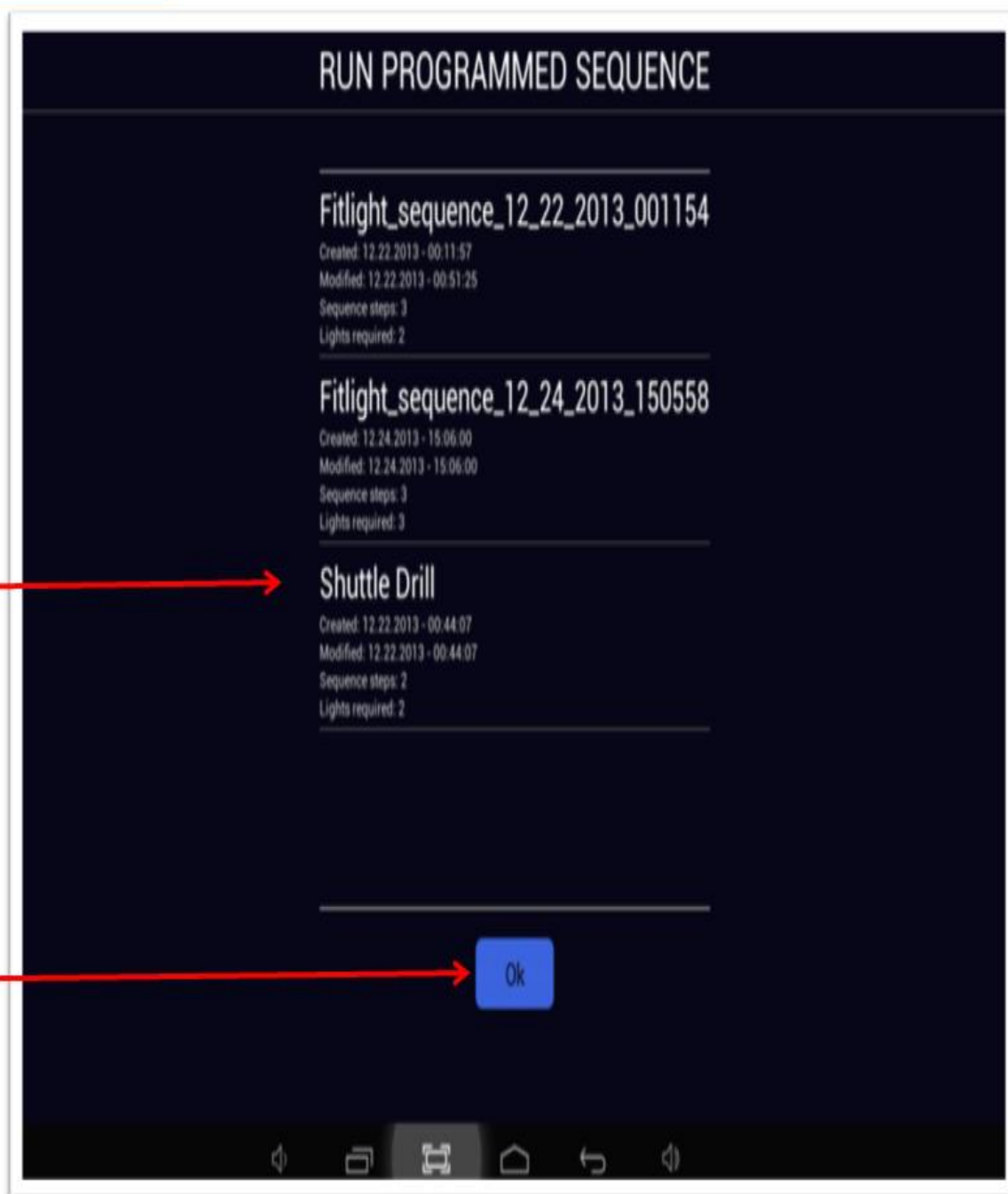
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Run Programmed Sequence.

2
Select Sequence.

3
Select "OK".



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Run Programmed Sequence.

PROGRAMMED SEQUENCE SETUP

Running Sequence:
Name: Shuttle Drill
Created: 12.22.2013 - 00:44:07
Modified: 12.22.2013 - 00:44:07
Sequence steps: 2
Lamps required: 2
Maximum execution time: ~6s

REPEATS

☐ Start by light ☐ Save data
☐ Singular ☐ Random start

PROGRAMMED SEQUENCE RESULT

Group	Hits	Misses	Avg. reaction	Total time
A	0	0	-.---	0:00.00

START

4

Select Parameters
for routine.

Select "Start" once
parameters are set.

5

Explanation of Parameters

Singular: This will select 1 light
in a row of lights. This option is
used when there are more than
2 lights in a row.

REPEATS

☐ Start by light ☐ Save data
☐ Singular ☐ Random start

Repeats: This will repeat the
sequence based on the number
of times requested.

Random Start: This will start the
sequence at a random point in
the sequence.

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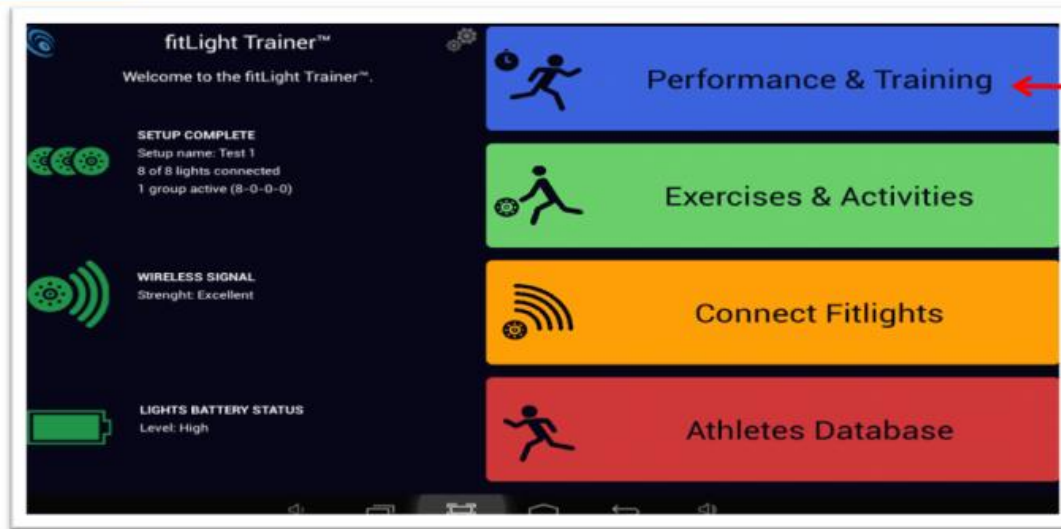
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Split Time Training Set up

Split Time



1. Select “Performance and Training”.

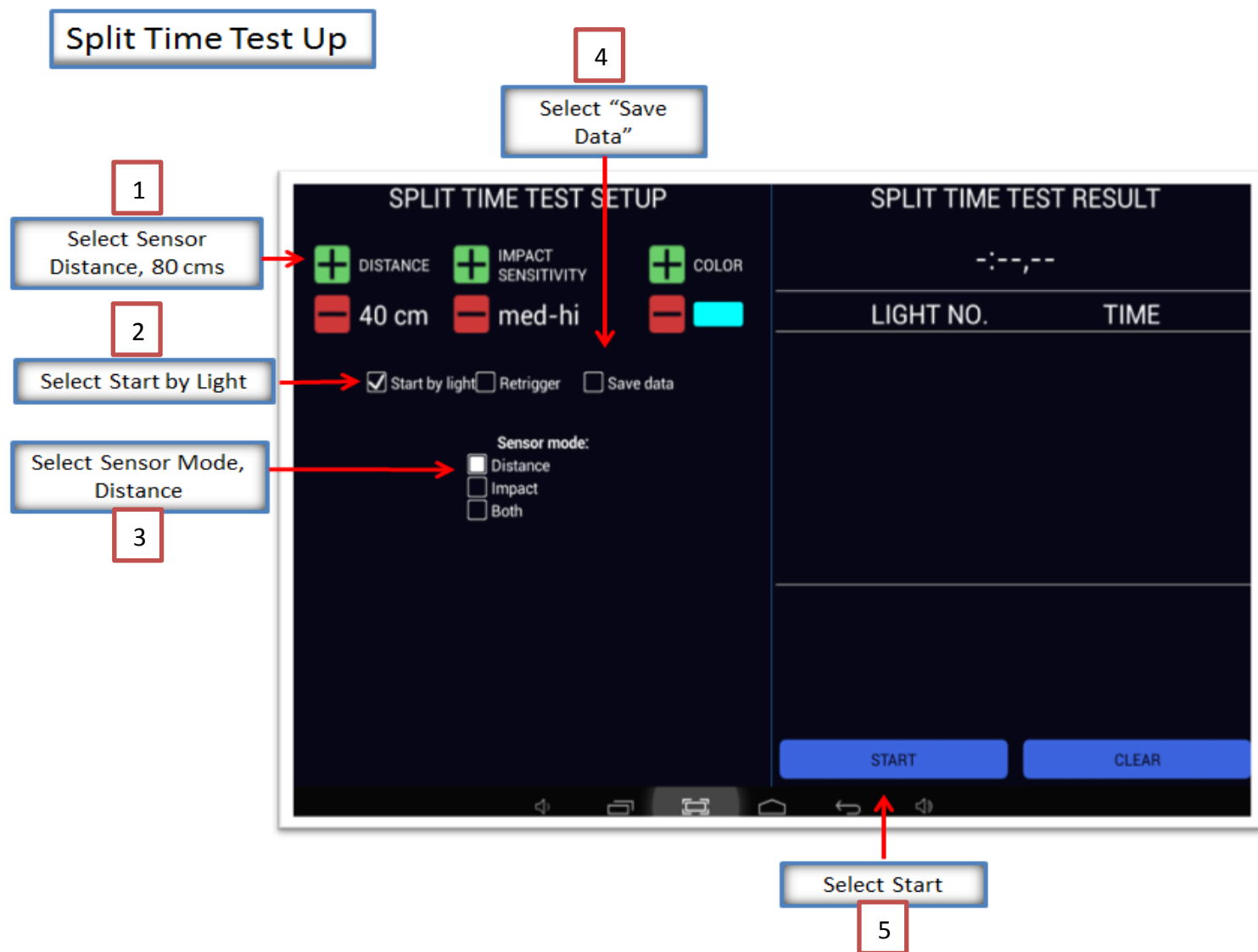
2. Select ‘Split Time Test’

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1. Select sensor distance, for Split times testing , it should be set at maximum, 80 cms.
2. Select "Start by Light" to allow the athlete to start on their own readiness.
3. Select: "Distance" for the sensor setting.
4. Make sure that the lights are in sequential order, from 1 to 8 in the split segments. It can be checked by cycling the lights and observing the sequence in which they activate. Once the lights are set up continue to the training menu.
4. Select "Start" to start the program.

TIPS

- a) When using the Split Time Test, you will get better performance if the athlete wears light coloured clothing, black or dark clothing is none preferred attire as dark colours are not reflective.
- b) To enable a wider deactivation range lights can be placed opposite each other 120 cms. apart.

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Split Time Results

The Split Times will be shown at each light position

SPLIT TIME TEST SETUP

☒ DISTANCE ☒ SENSITIVITY ☒ COLOR

☒ 40 cm ☒ HI/MED ☒ [Red]

☐ Start by light ☒ Retrigger ☐ Save data

Sensor mode:

☐ Distance

☐ Impact

☐ Both

SPLIT TIME TEST RESULT

0:00.18

LIGHT NO.	TIME
1	0:00.07
2	0:00.08
3	0:00.10
4	0:00.12
5	0:00.13
6	0:00.15
7	0:00.16
8	0:00.18

START CLEAR

2

Running and Total Time is displayed

Split Times will be recorded at each light and displayed

1

Select "Clear" to erase results.

1. The results are shown under the right hand column for each split.
2. The Running and Total time will be displayed at the top.
3. NotE well when starting by light , the first split is "zeroed" .

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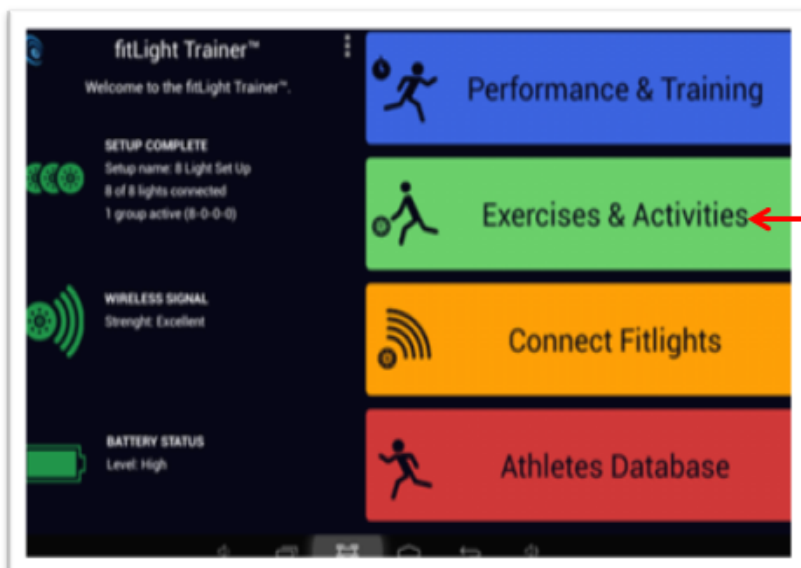
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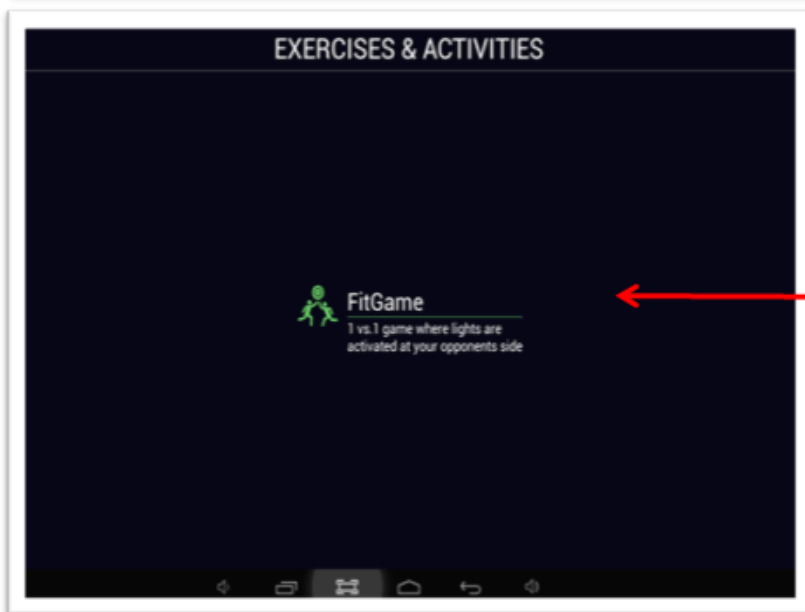
FitGame Application:

Fitlight Game



1

Select Exercises and Activities



2

Select FitGame

1. Select "Exercises and Activities"
2. Select "FitGame"

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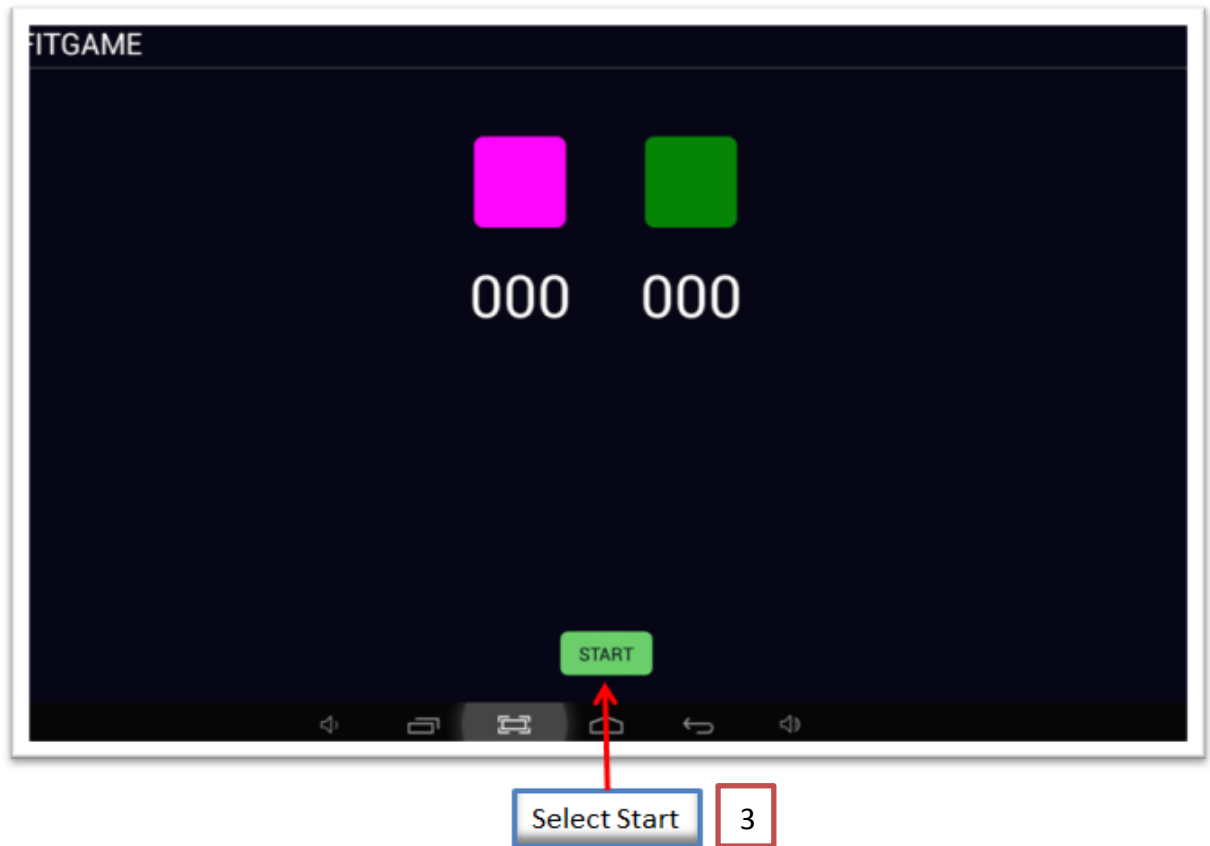
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FitGame Application:

Fitlight Game



1. This game is based on 2 or more groups of people playing. Each group is assigned a colour. The object of the game is to compete 1V1 or 2V2 depending on the number of lights. Each player has their own colour and as the user hits their light, a red light is triggered on the opponents' side.
2. The opponent is required to deactivate the red light, at the same time trying to activate a red light on their opponents' side.
3. As the reds are missed, the players are assigned a point depending on who misses the red light.
4. The first to score 25 points wins and the game stops and the winner's lights will activate indicating the winner.
5. The game is best played within a grid.
6. Depending on the number of lights assigned the system automatically divides the lights equally.

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HAND/EYE TRAINING:

Run Hand/Eye Drill



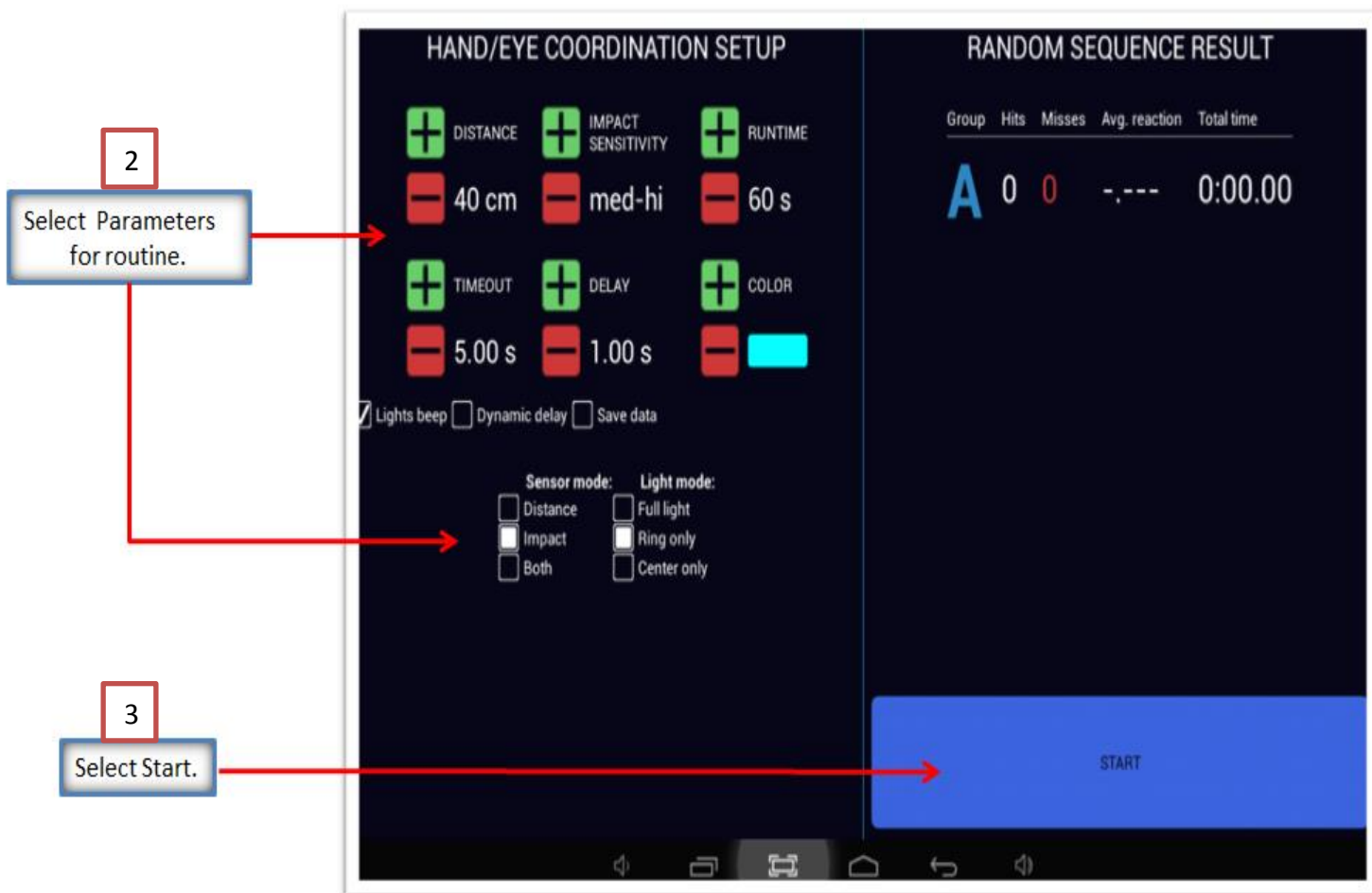
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Run Hand/Eye Drill



1. From the main menu, touch Hand/Eye to go to the set up menu.
2. Select the routine parameters and press next. All parameters are similar to previous setting modes.
3. The object of the test is to hit as many lights in the selected time.
4. Dynamic delay enables the system to follow the users hit rate, as the user speeds up so does the triggering of the lights. The lights are paced to the rate at which they are being hit.

*Refer to the Routines section for specific Hand/Eye exercises.

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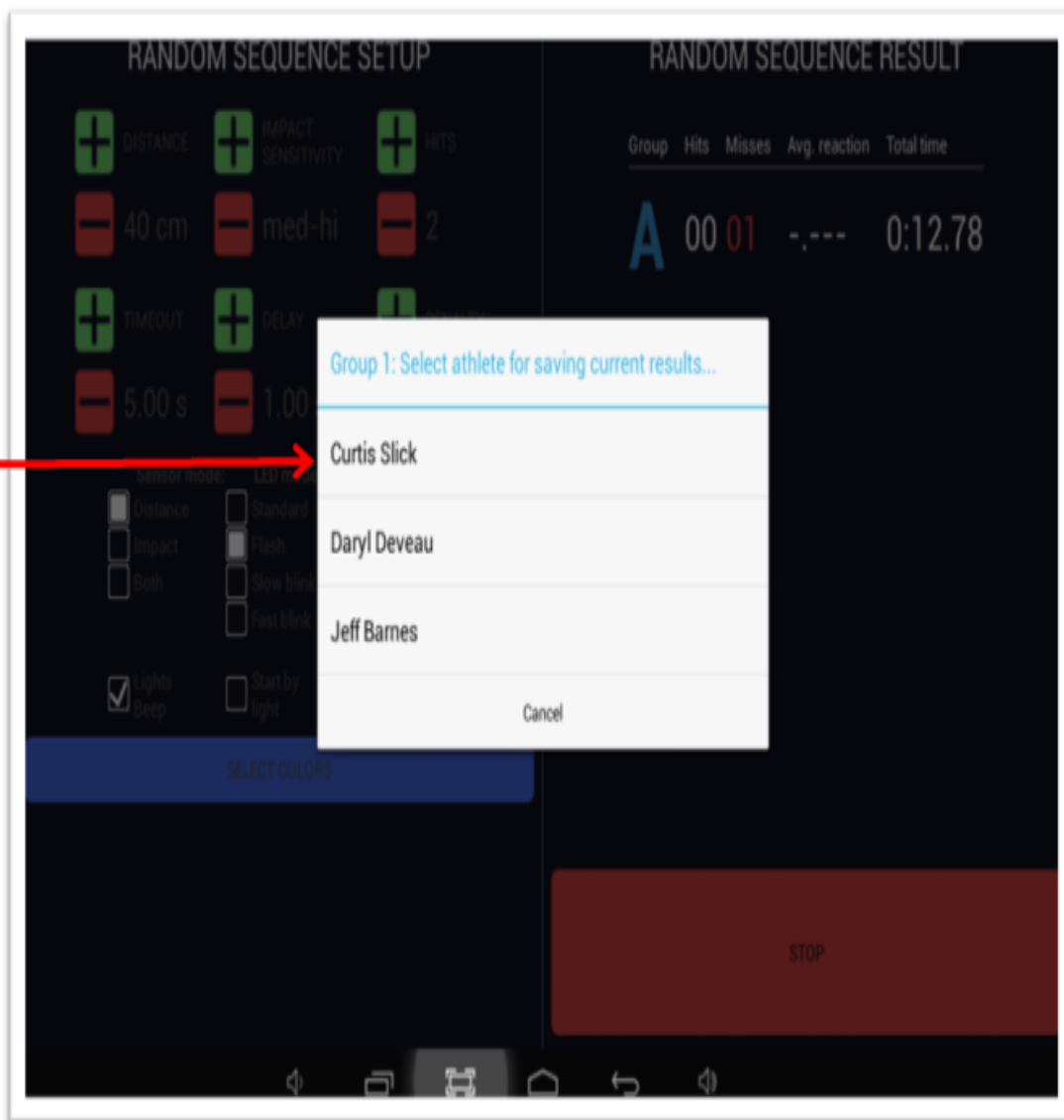
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SAVE TRAINING RESULTS:

Save Training Results

Data will be saved to the athlete's name selected.

Select Athlete's name to
Save training result



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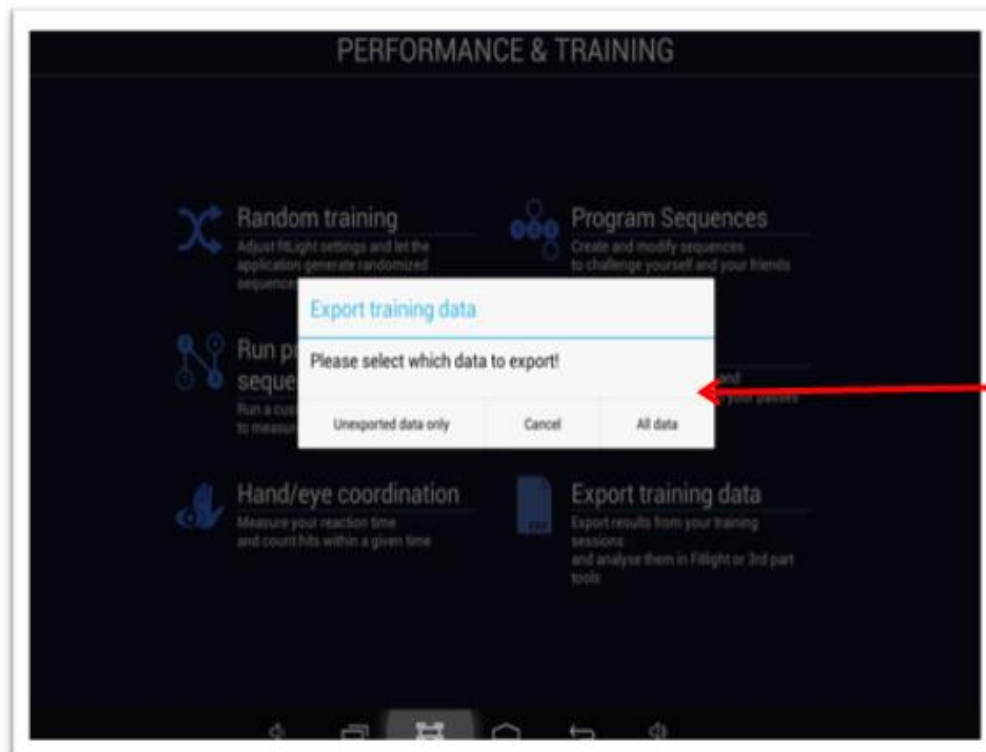
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Export Training Results



1

Select Export Training Data



2

Select Data to be exported

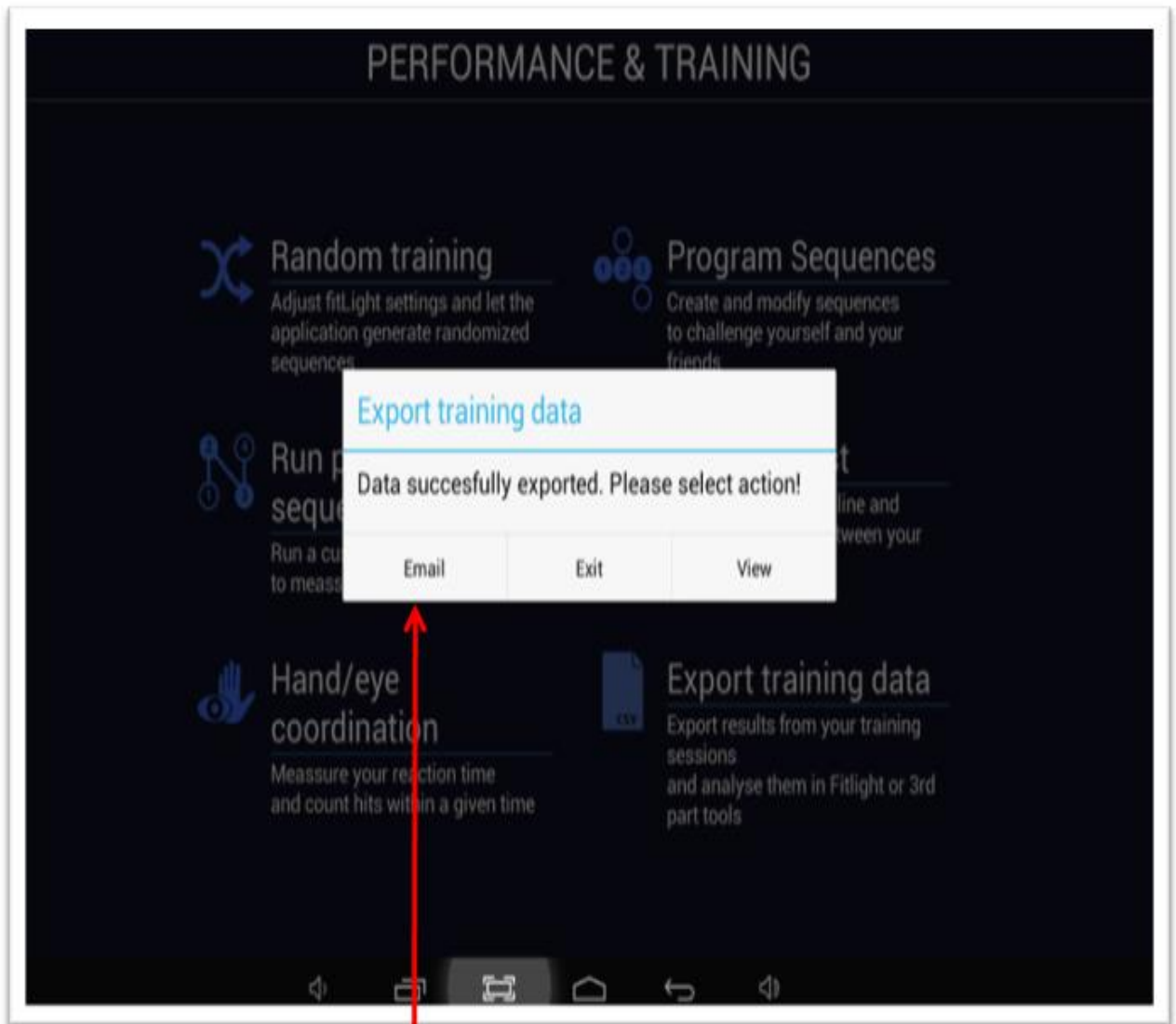
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Export Training Results



3

Select Email and an email Pop up menu will appear.
This enables the export of the data to the Fitlight Utility.

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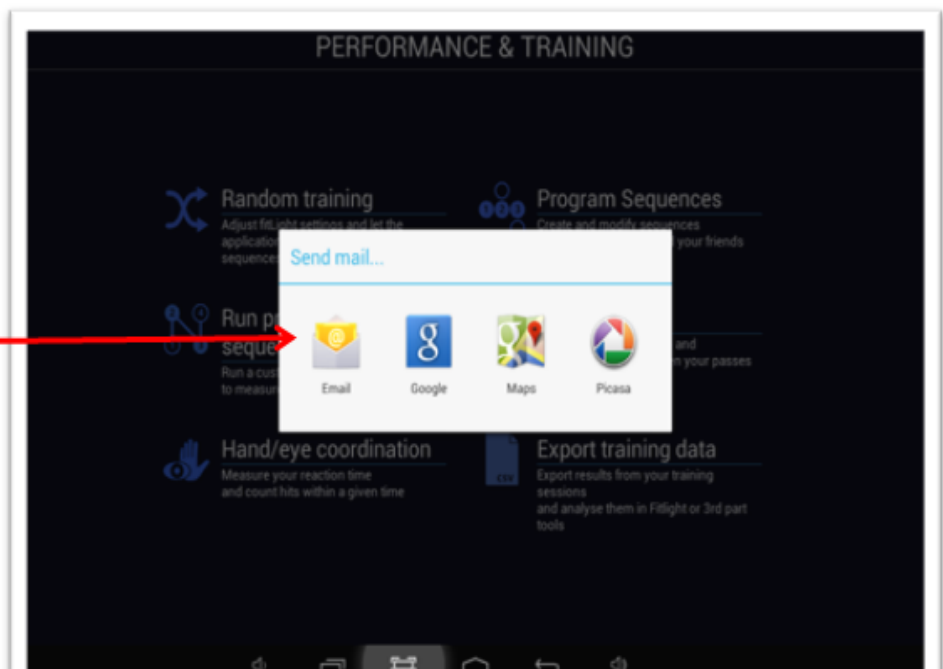
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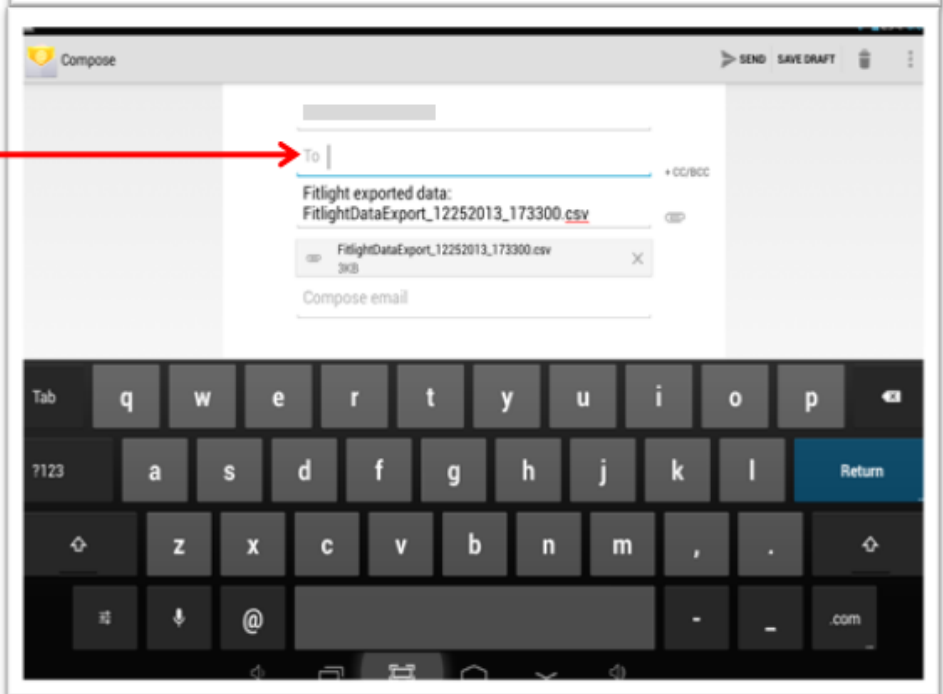
Export Training Results

Data will be sent as a CSV file which can be imported into the Fitlight Utility.

4
Select Email



5
Enter Email address and send data.



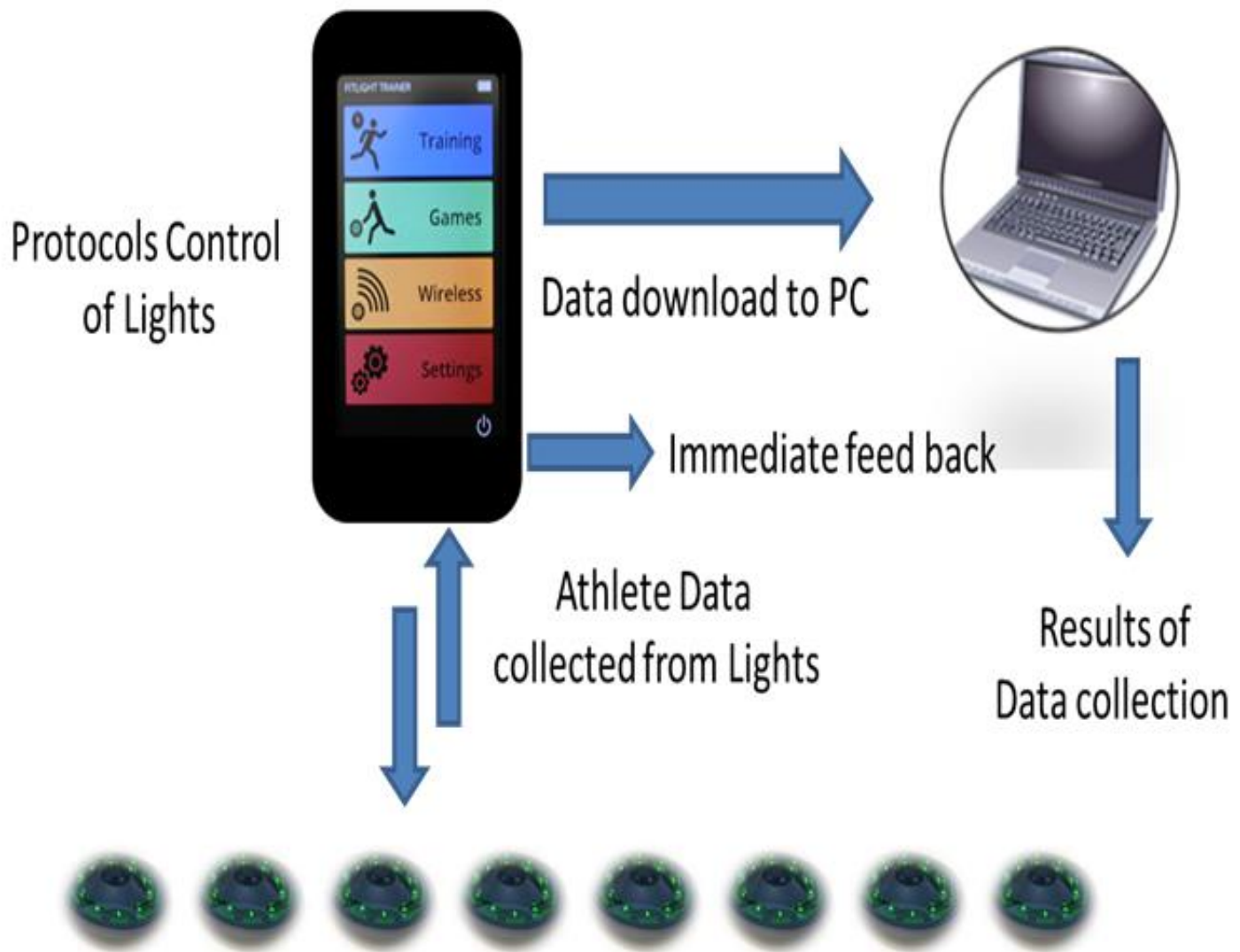
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fitLight Trainer™ Controller Data Flow



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ATHLETE DATA BASE SET UP

Athlete's Data Base

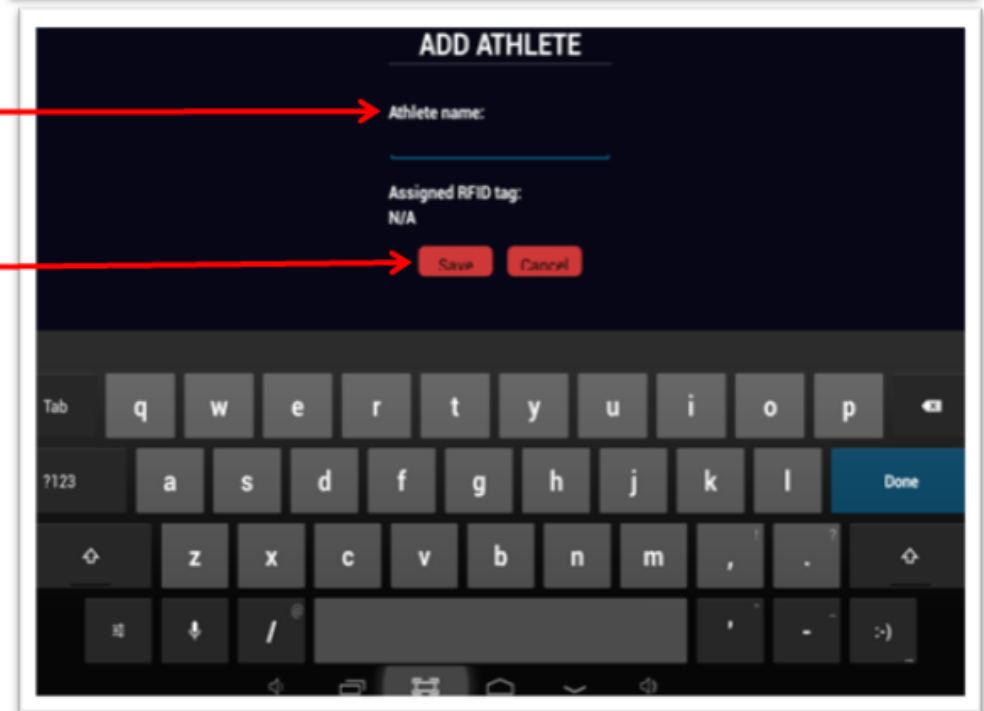
1

Select "New" to add an athlete.



2

Type Athlete's name select "Save".



3

Select "Save" to save athlete's name

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Edit Athlete's Data Base

1

Select Name to edit

ATHLETES DATABASE

Daryl Deveau
Jeff Barnes
Jim Curtis

New Ok

2

Select "Delete or Edit"

ATHLETES DATABASE

Daryl Deveau
Jeff Barnes
Jim Curtis

Jim Curtis

Edit or delete athlete?

Delete Cancel Edit

New Ok

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Edit Athlete's Data Base

3

Edit Athlete and select "Save"

EDIT ATHLETE

Athlete name:
Jim Curtis

Assigned RFID tag:

Save Cancel

Tab q w e r t y u i o p

?123 a s d f g h j k l Done

z x c v b n m , .

/ @ [] ^ _ ` { } | ~

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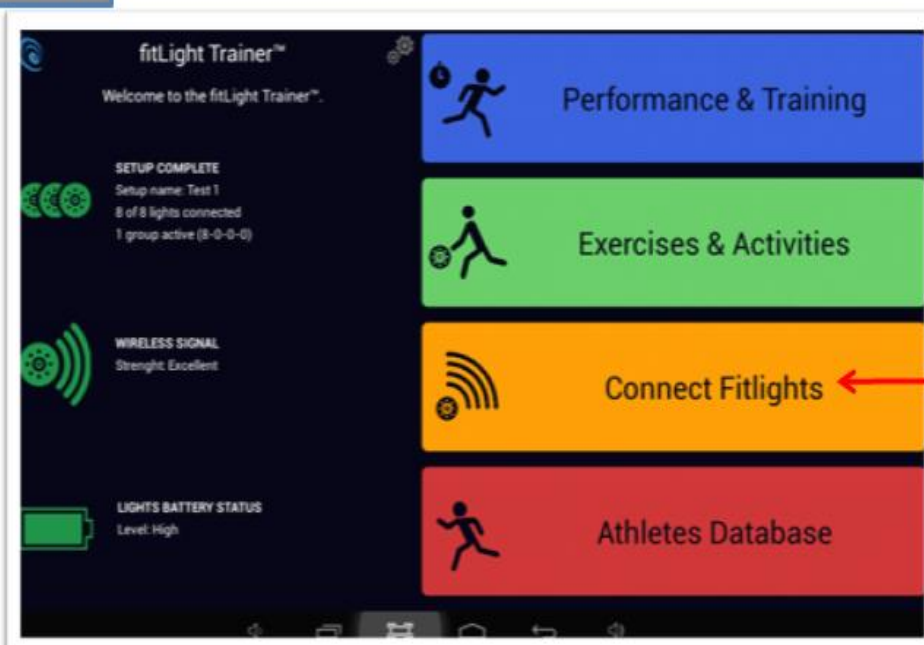
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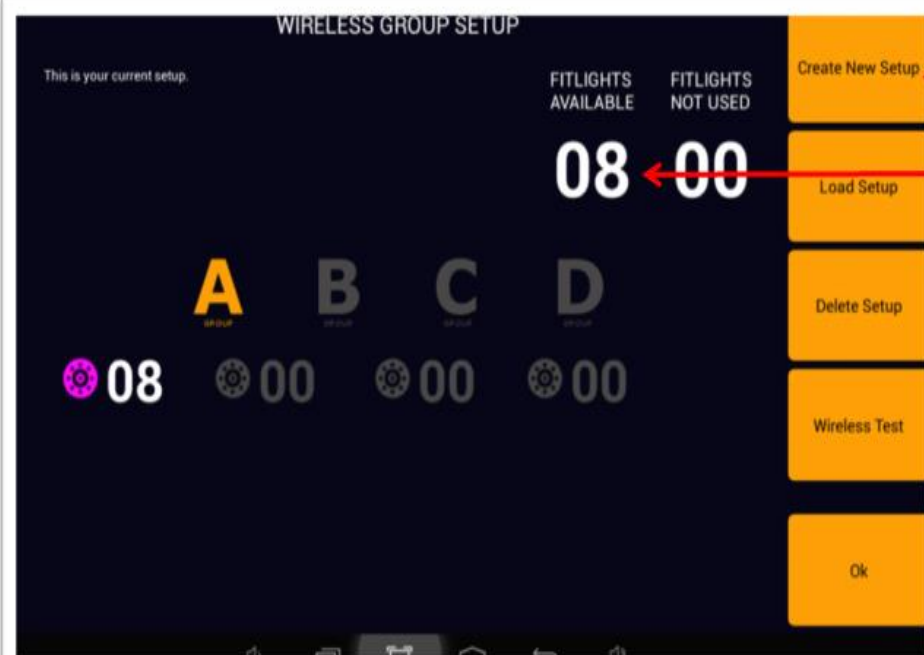
CREATING WIRELESS LIGHT SET UP

LIGHT SET UP.



1

Select "Connect Lights".



2

Select "Create new set up".

8 Lights AVAILABLE.

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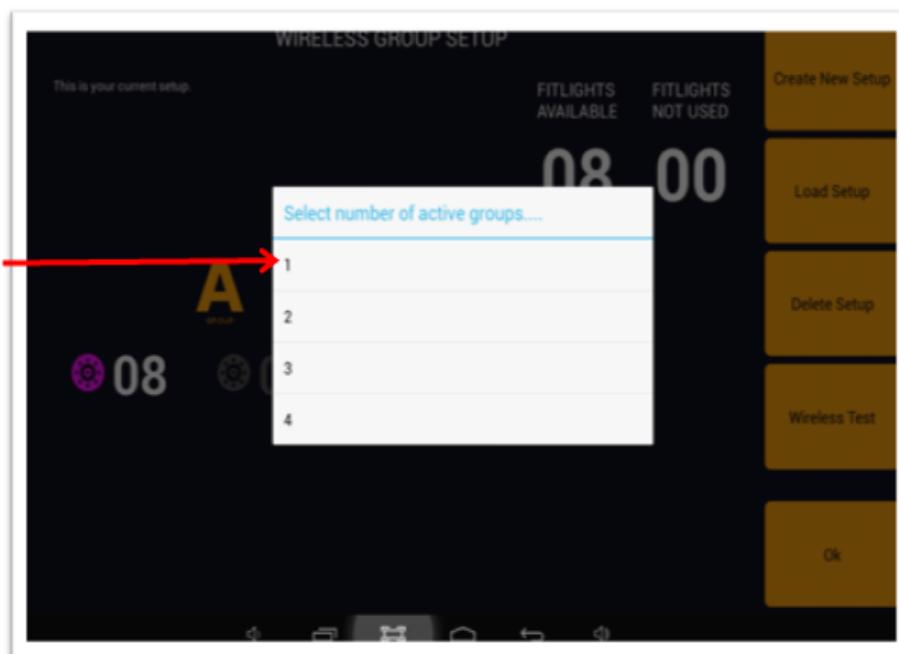
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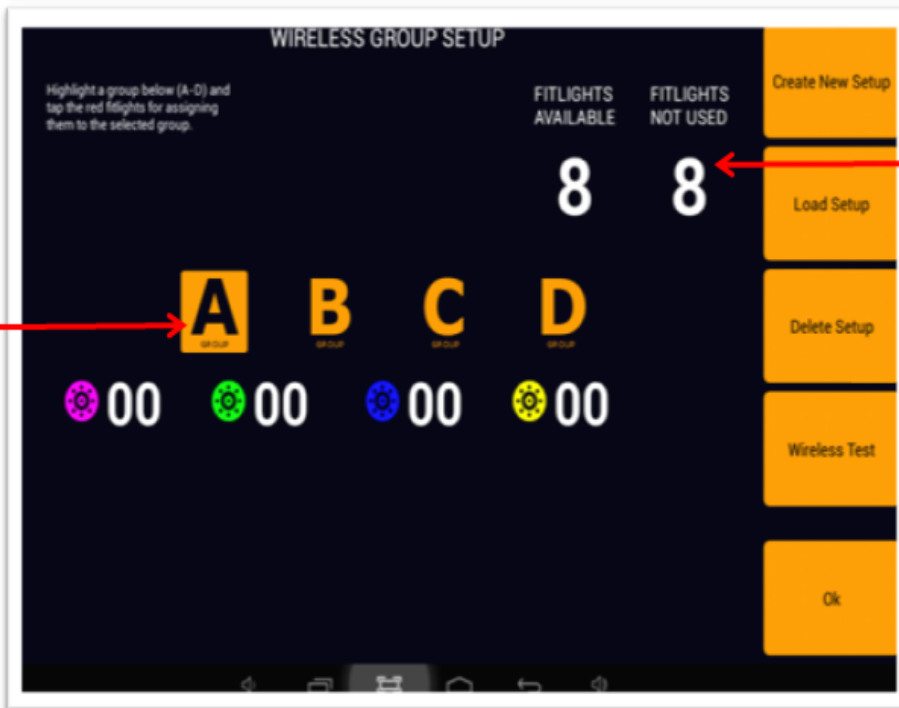
LIGHT SET UP.

3

Select "# of Groups"
This example shows 1
group of 8 lights.



Group "A" is
automatically
selected.



Shows status of
lights.

Fitlight Sports Corp.

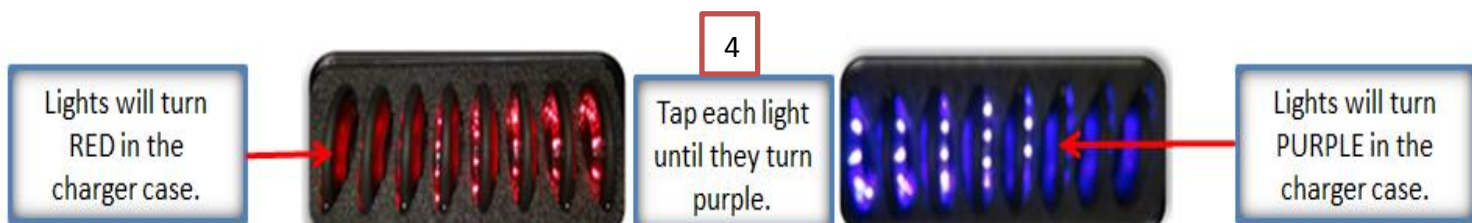
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LIGHT SET UP.



Shows 8 lights have selected and "0" available.

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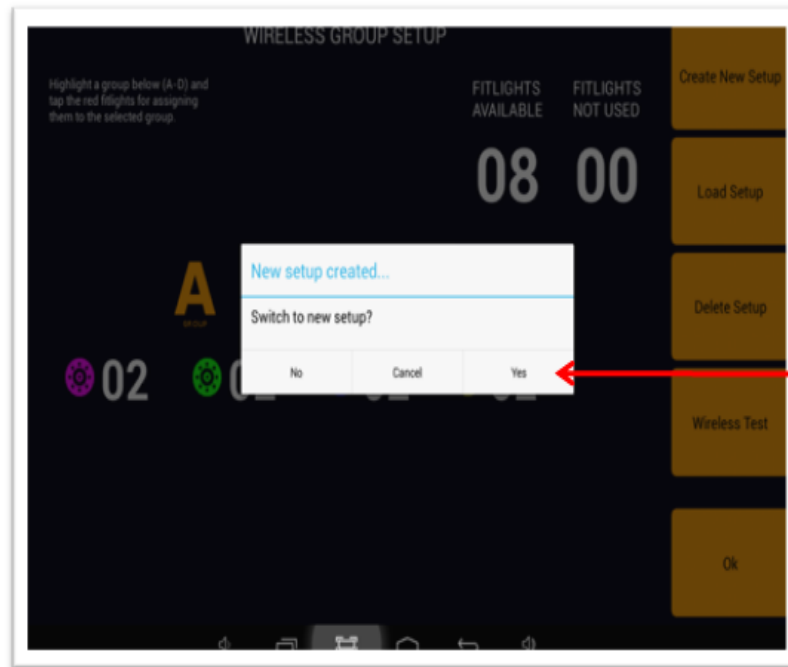
14845-6 Yonge Street, Suite 376, Aurora, Ontario, Canada, L4G 6H8

Tel# 905-713-3330, Fax# 905-713-2572 Web Site: www.fitlighttraining.com

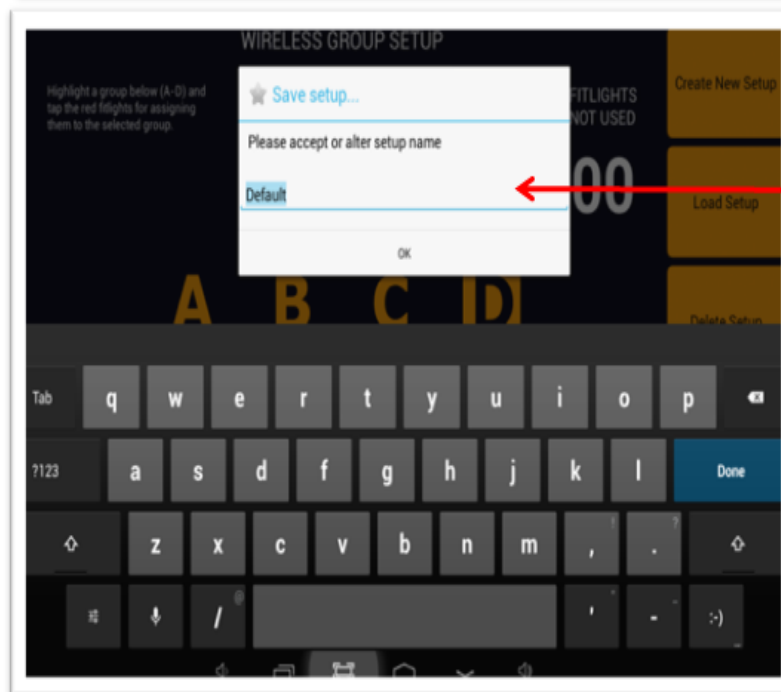
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LIGHT SET UP.



Select "Yes".



Input new set up name using keypad.

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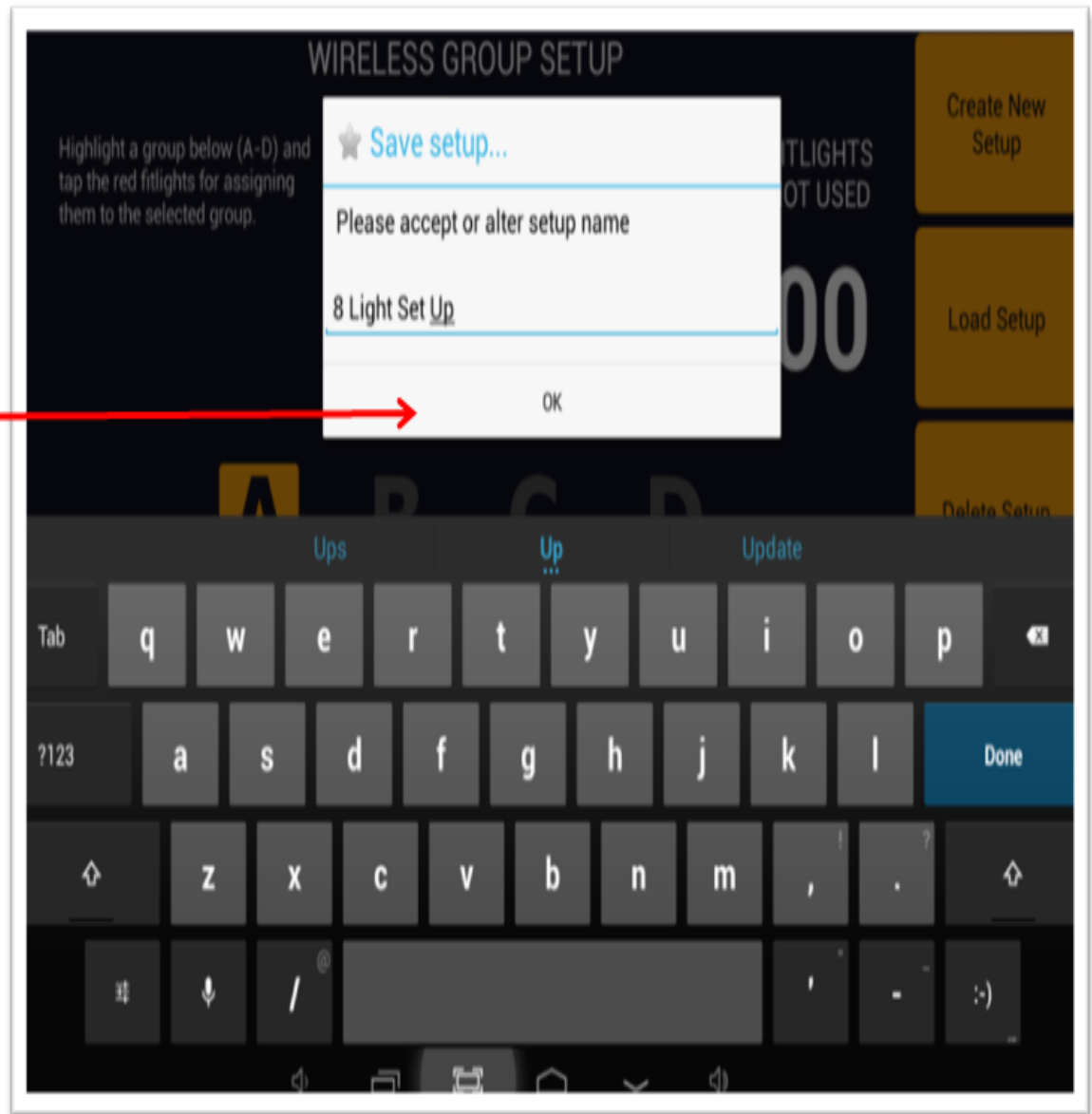
Tel# 905-713-3330, Fax# 905-713-2572 Web Site: www.fitlighttraining.com

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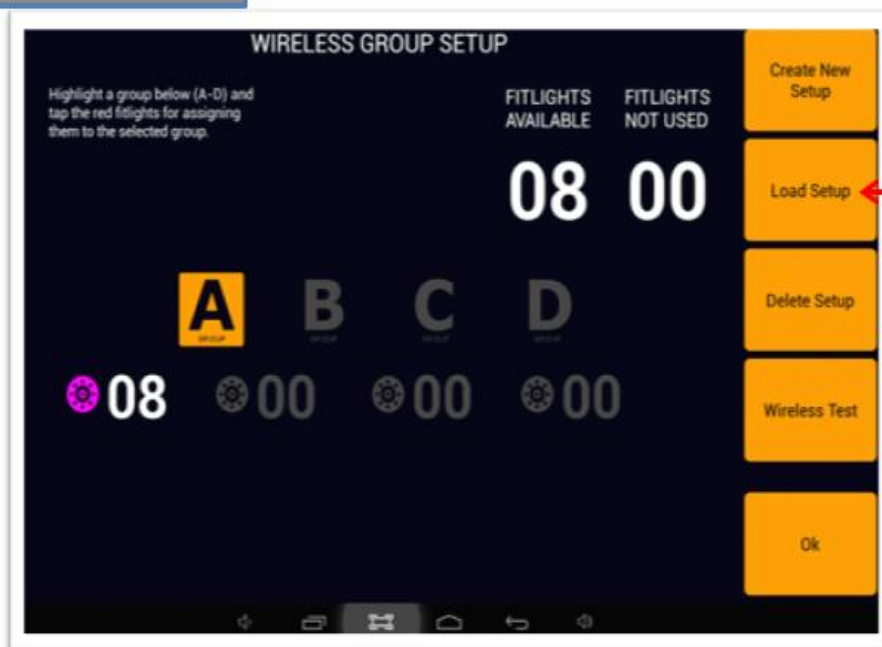
LIGHT SET UP.

Select "OK"
after typing
name.



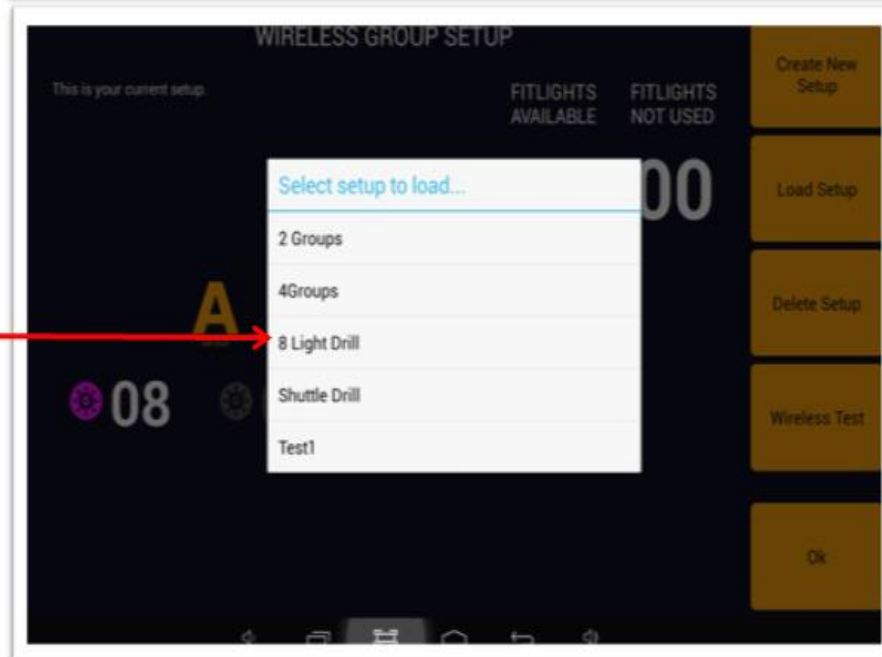
LOAD WIRELESS LIGHT SET UP

Load Wireless Light Set Up



1

Select "Load Set Up"



2

Select Set up to load

Fitlight Sports Corp.

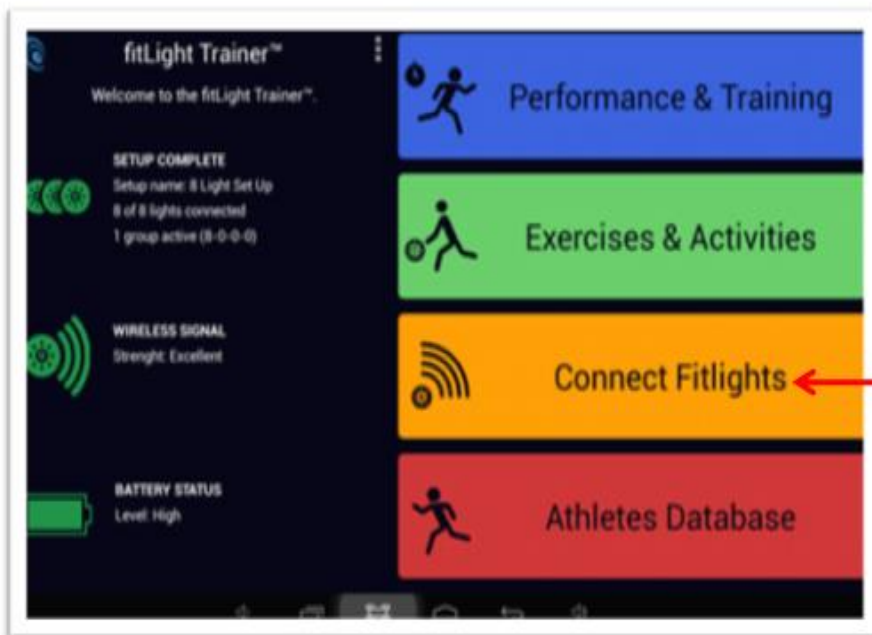
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DELETE WIRELESS SET UP:

Delete Wireless Set Up



1

Select "Connect Fitlights".



2

Select "Delete Set Up"

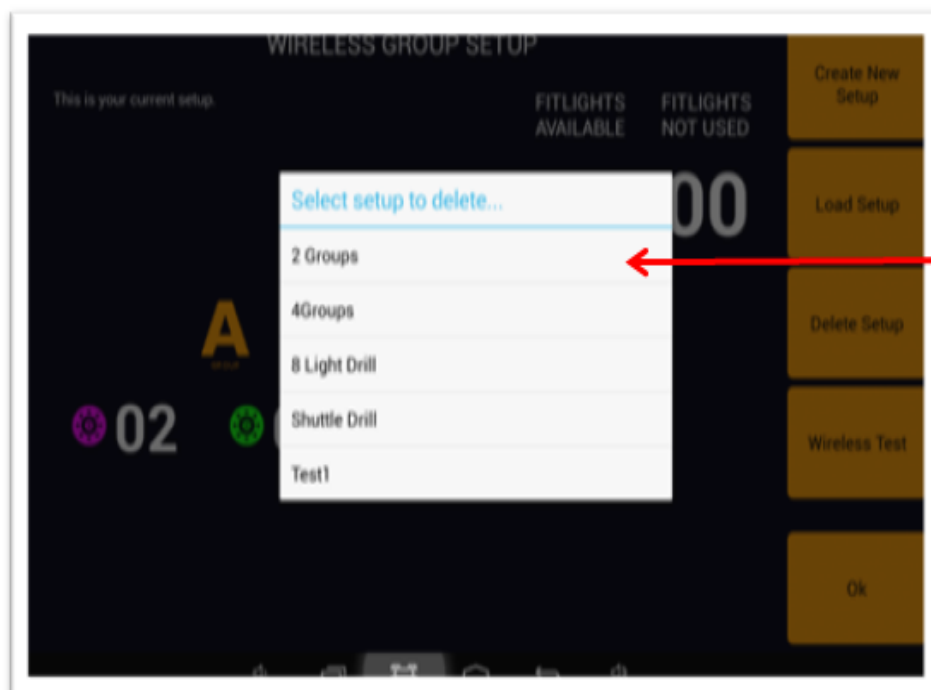
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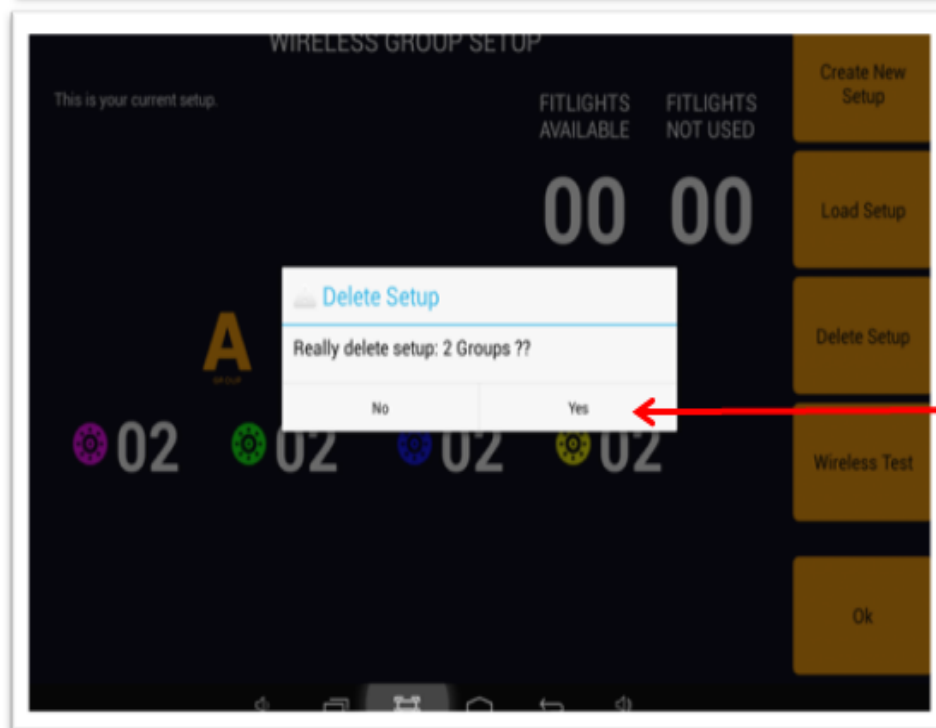
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Delete Wireless Set Up



3

Select Set up to delete.



4

Select "Yes" to delete.

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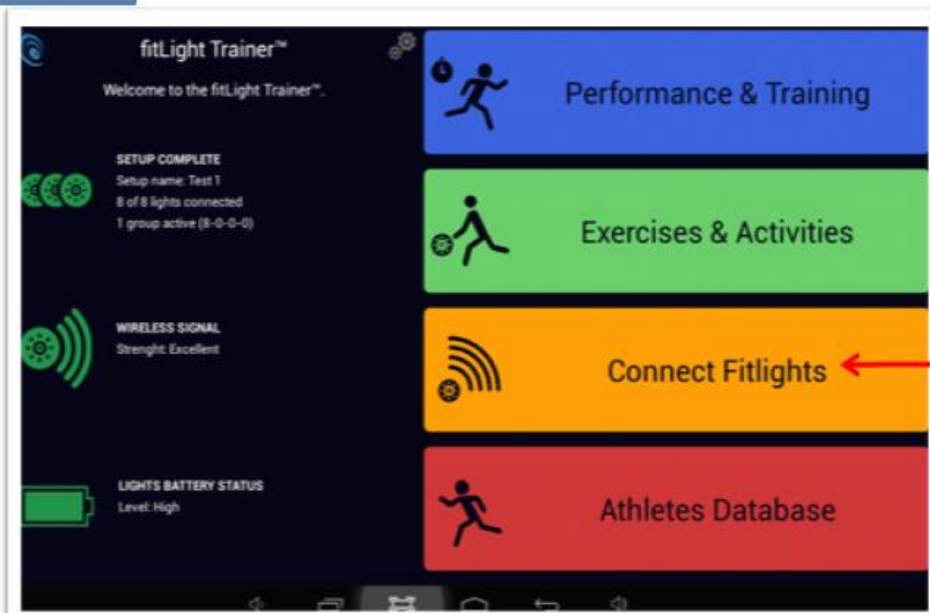
14845-6 Yonge Street, Suite 376, Aurora, Ontario, Canada, L4G 6H8

Tel# 905-713-3330, Fax# 905-713-2572 Web Site: www.fitlighttraining.com

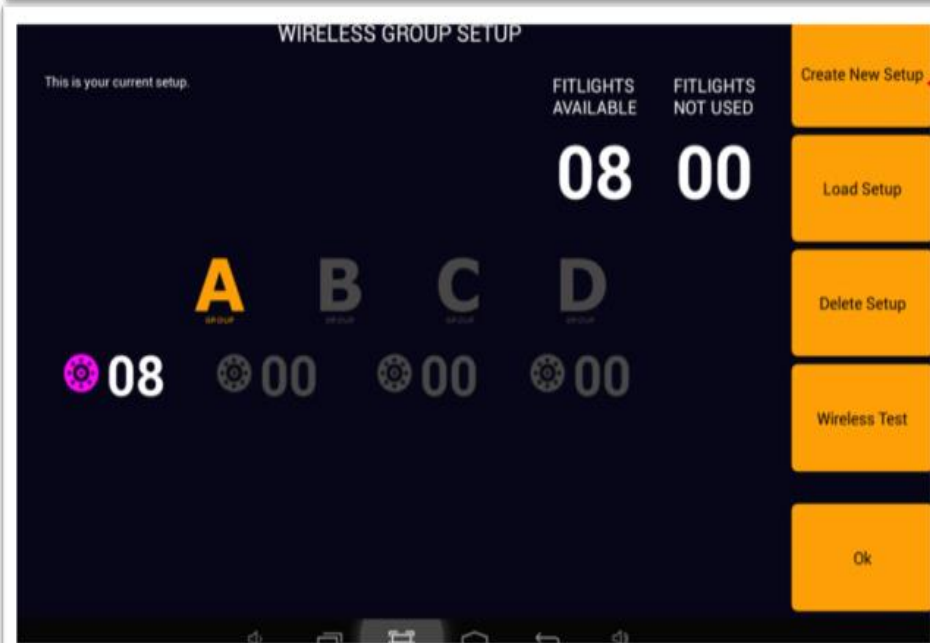
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GROUP SET UP

GROUP SET UP.



Select "Connect Lights".



Select "Create new set up".

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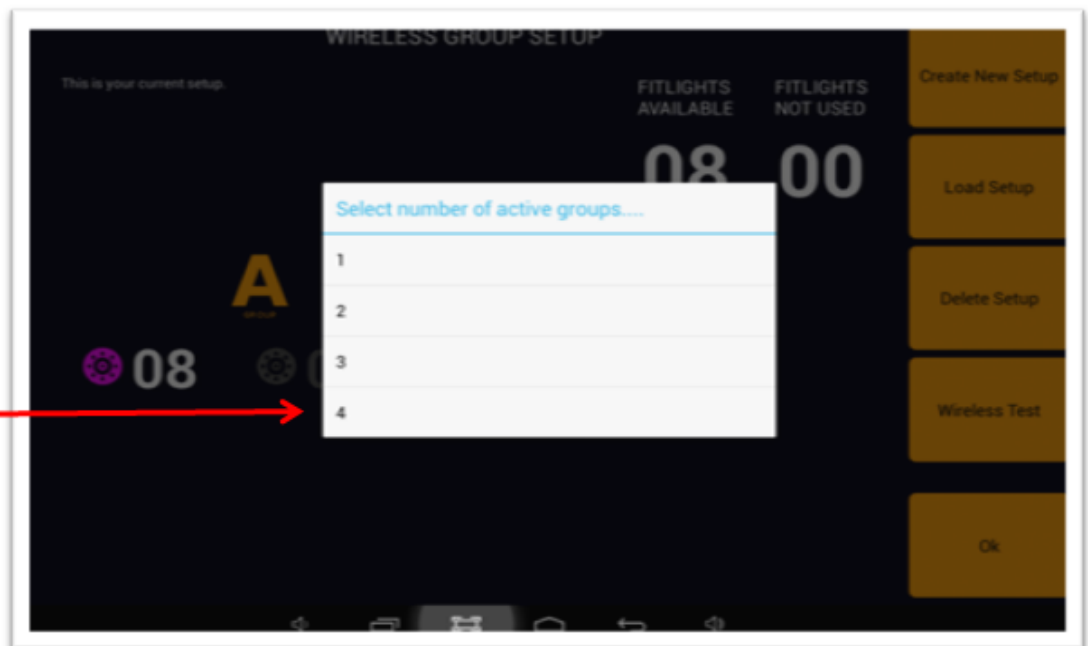
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GROUP SET UP.

Select "# of Groups
This example will use 4
groups" of 2 lights per
group.



Select "A" and tap
2 lights to change
from RED to
PURPLE.



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GROUP SET UP.

2 Lights "Connected for A".



Select "B" and tap
2 lights to change
from red to
Green.

2 Lights "Connected for B".



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GROUP SET UP.

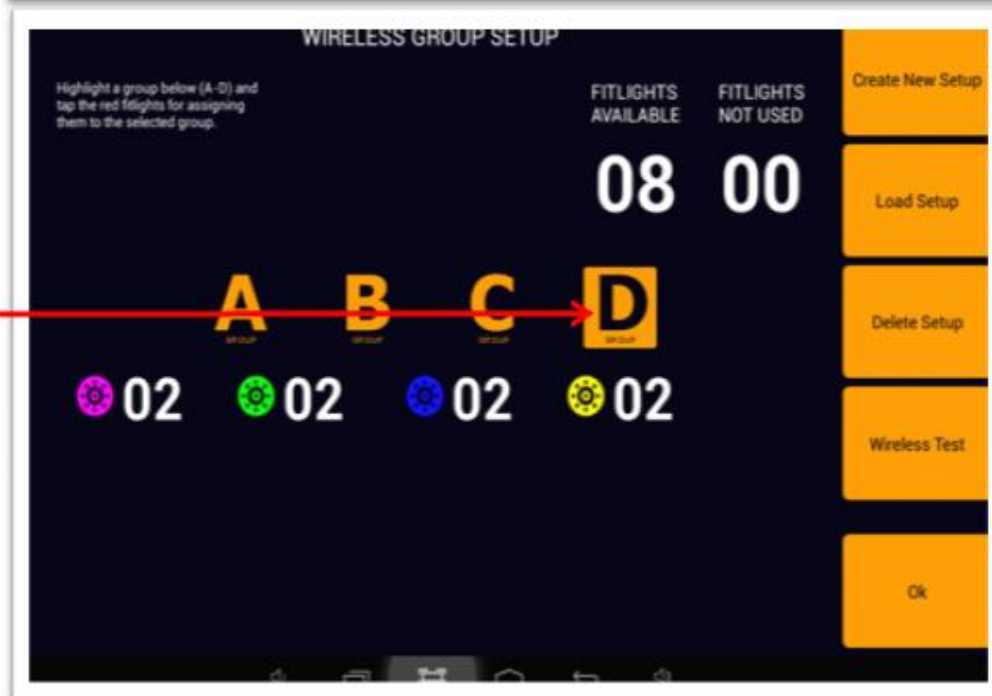
Select "C" and
tap 2 lights to
change from RED
to BLUE.

2 Lights "Connected for C".



Select "D" and
tap 2 lights to
change from RED
to YELLOW.

2 Lights "Connected for D".



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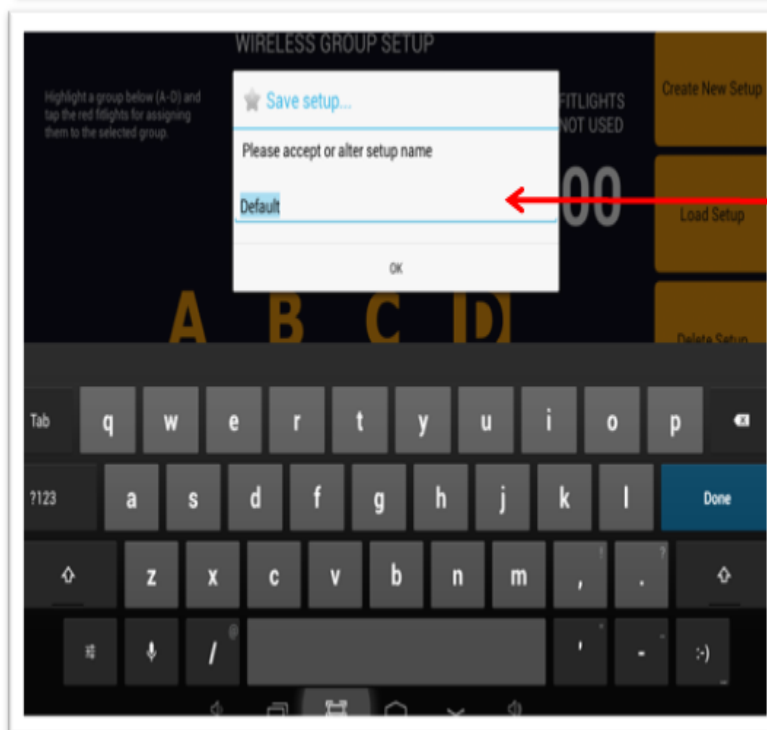
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GROUP SET UP.



Select "Yes".



Input new set up name using keypad.

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GROUP SET UP.

Select "OK"
after typing
name.



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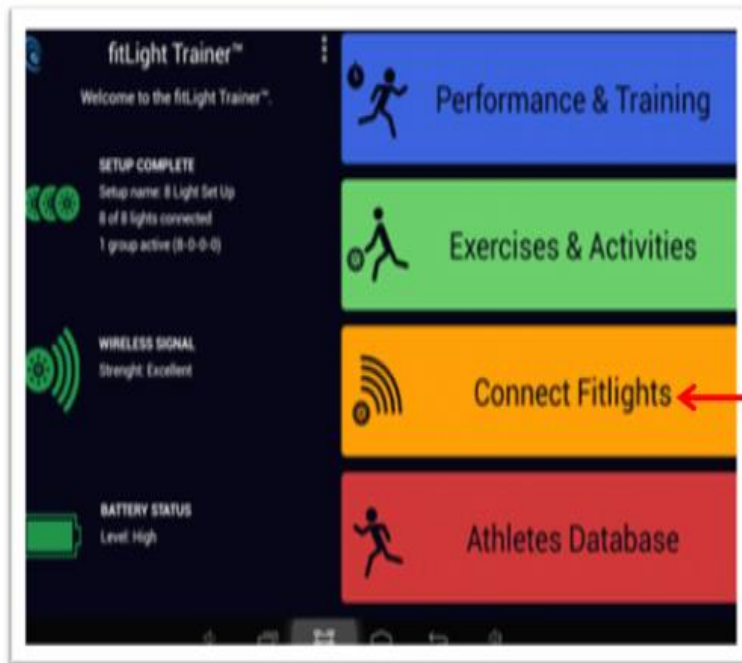
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WIRELESS TEST:

Network and Wireless Test



1

Select "Connect Fitlights".



2

Select "Wireless Test" to perform Wireless Test.

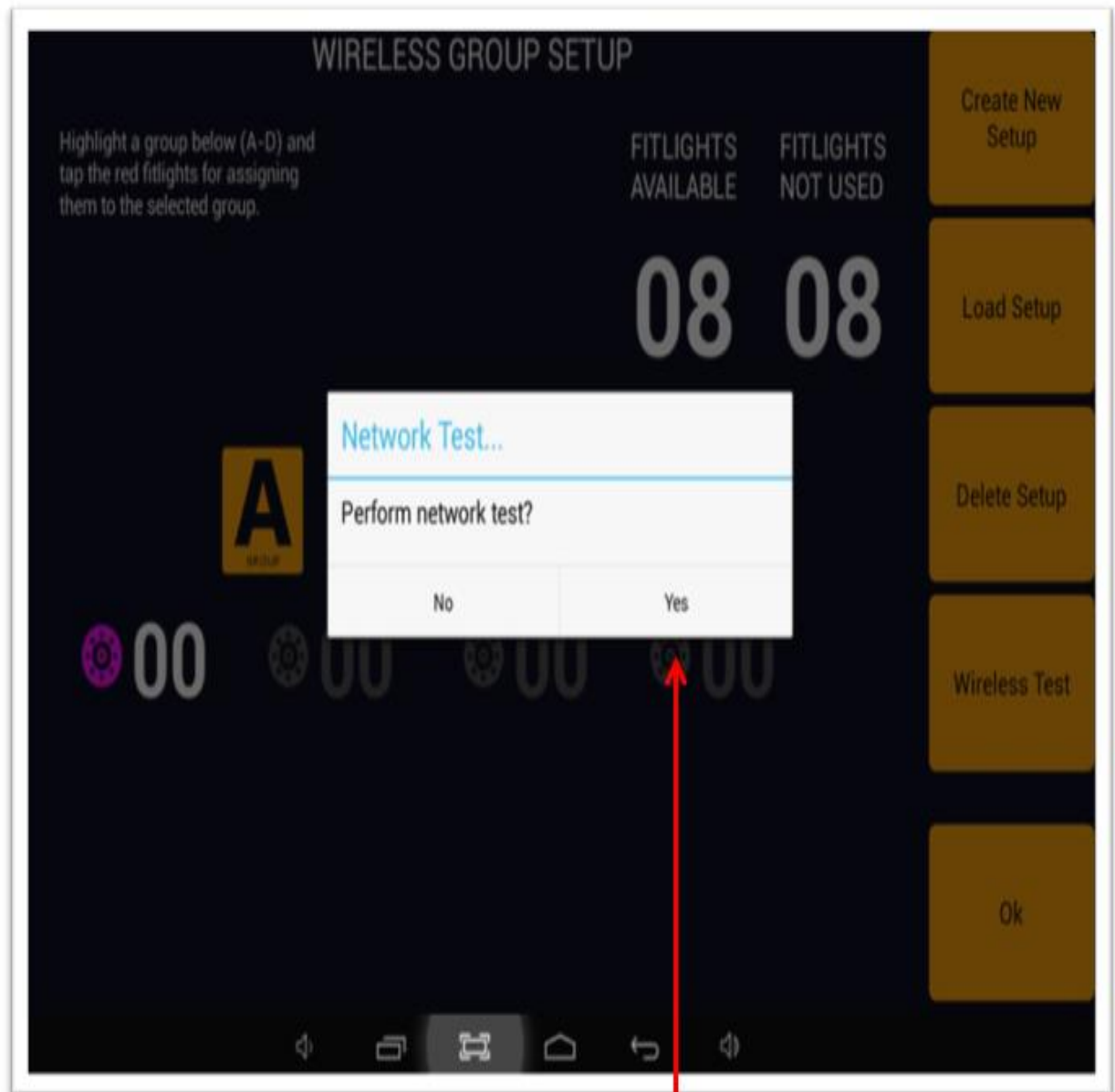
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Network and Wireless Test



3

Select "Yes" to perform Wireless Test.

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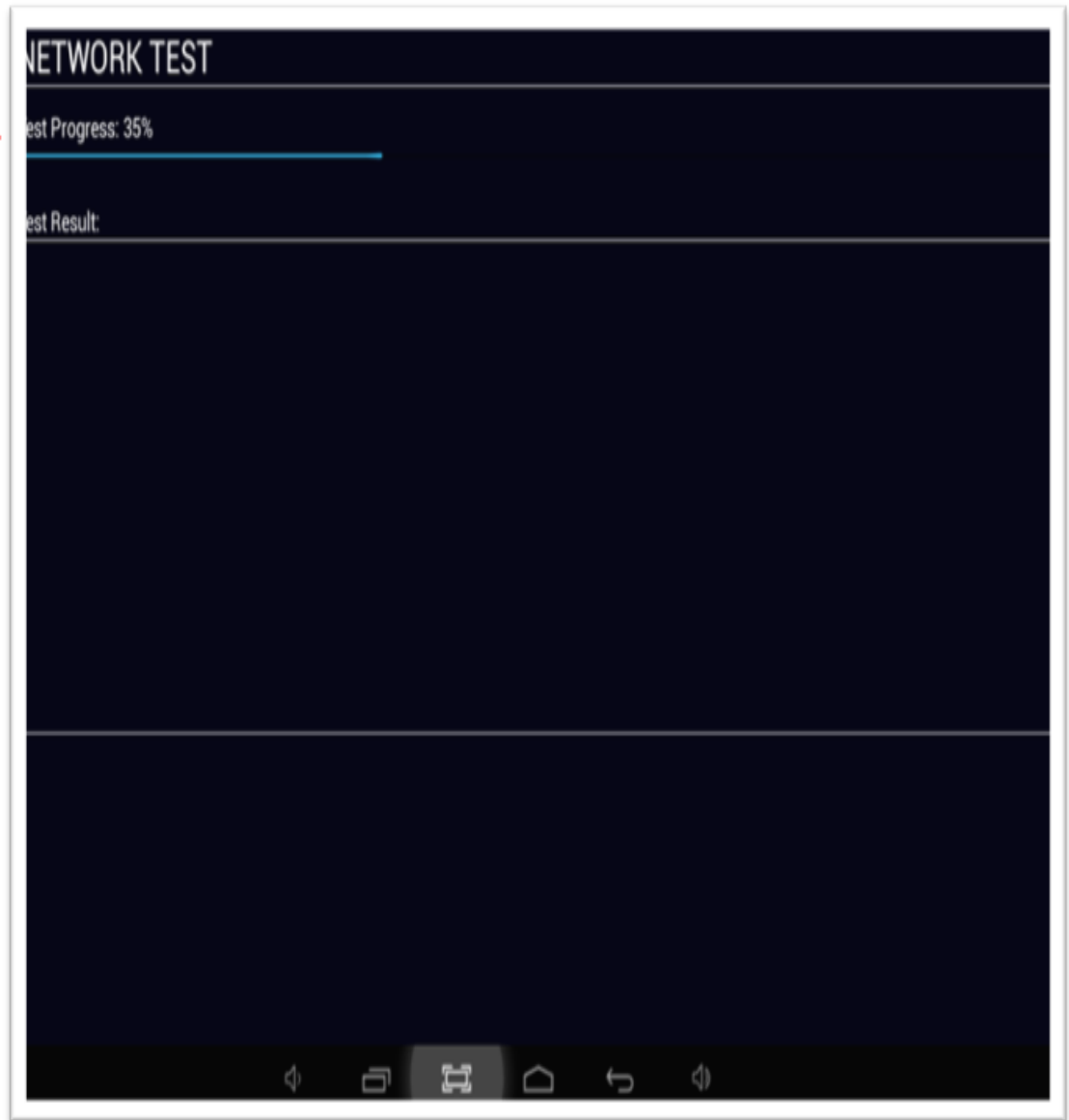
14845-6 Yonge Street, Suite 376, Aurora, Ontario, Canada, L4G 6H8

Tel# 905-713-3330, Fax# 905-713-2572 Web Site: www.fitlighttraining.com

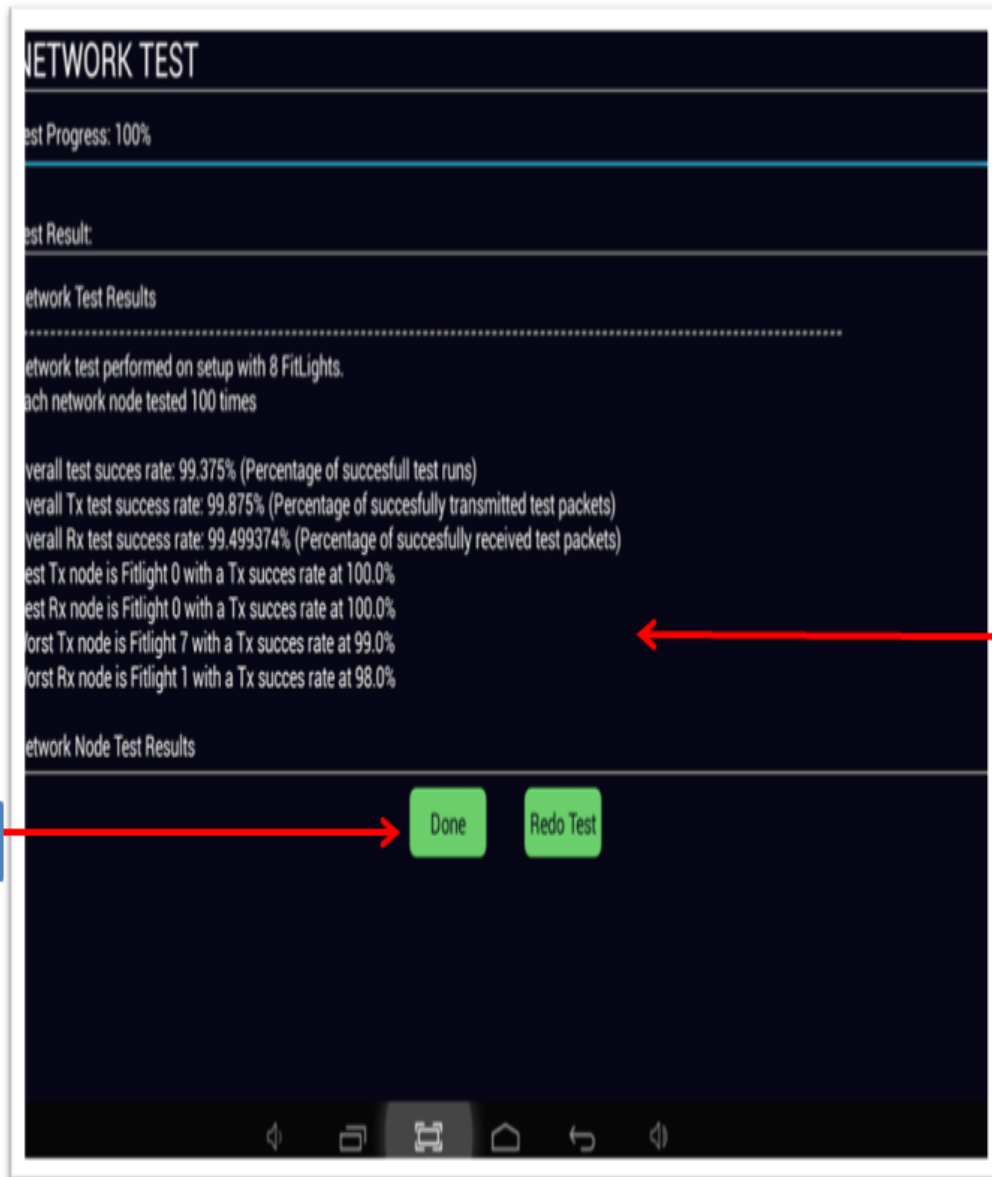
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Network and Wireless Test

Progress indicator



Network and Wireless Test Results



The results of the test, indicate that the wireless connection is performing to specifications. Should there be poor wireless Connectivity, then Manual Channel selection is recommended. Refer to Wireless Channel settings for set up procedure.

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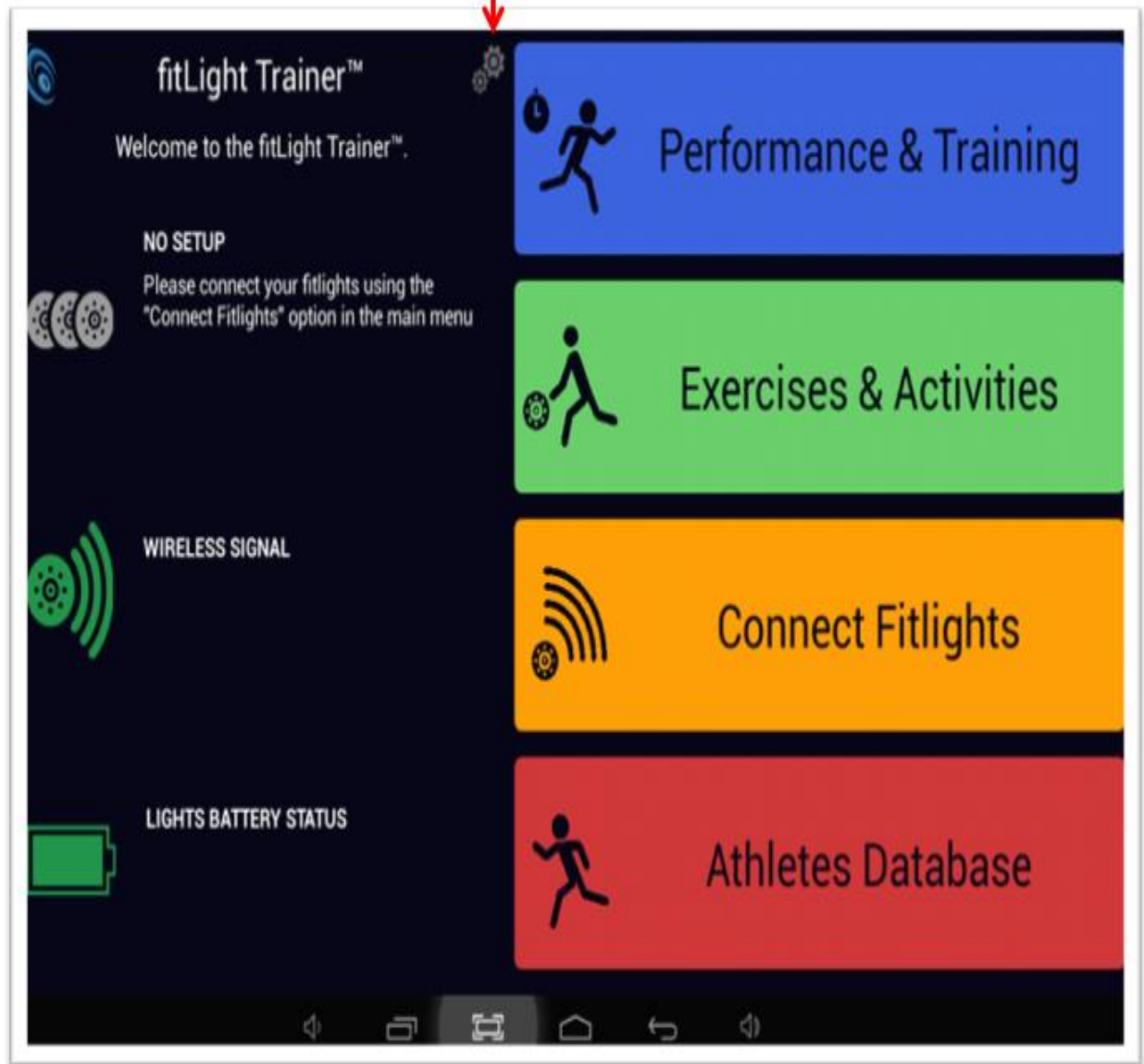
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Light Settings

1

Select "Gear Icon"



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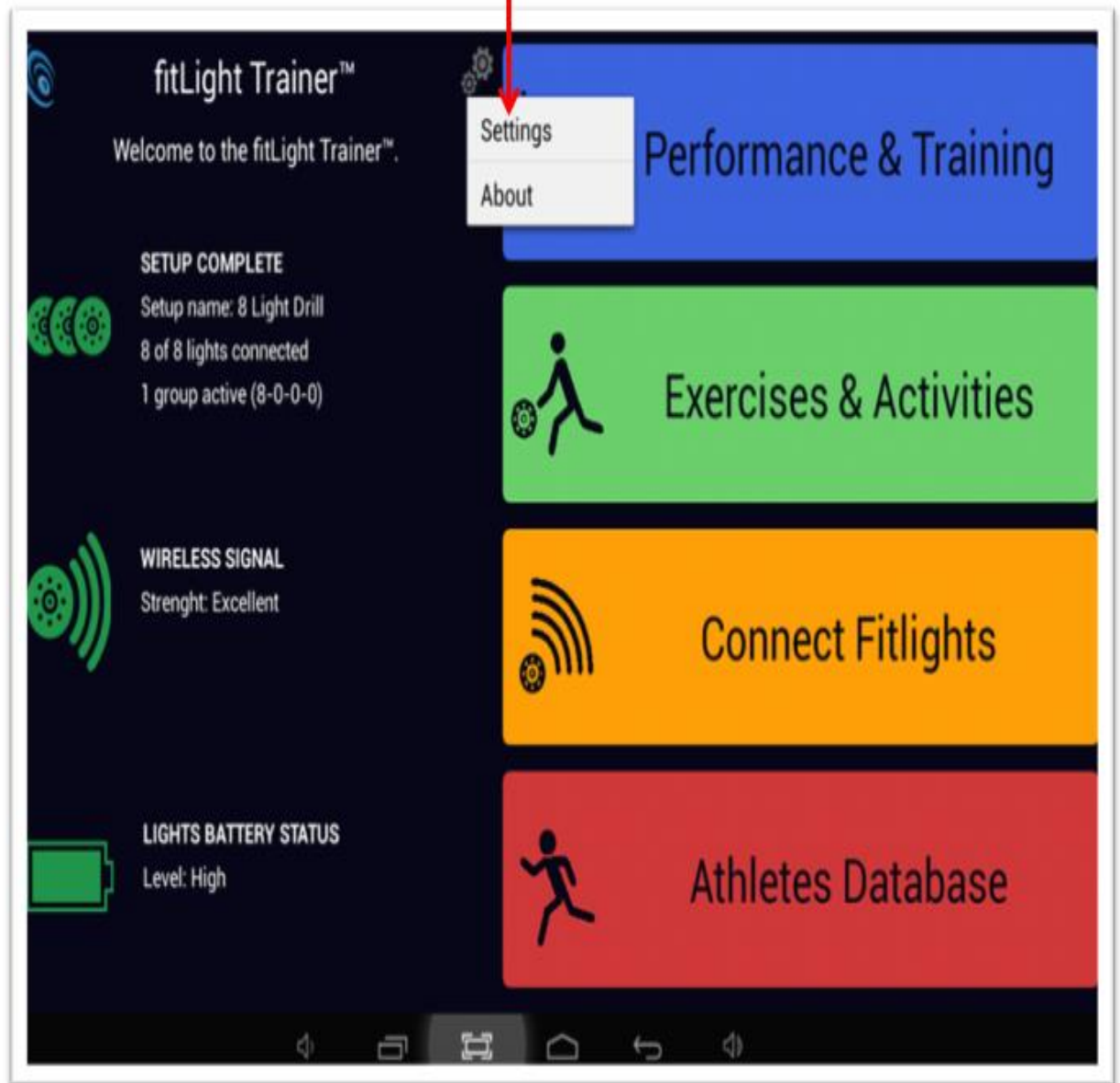
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Light Settings

2

Select "Settings"



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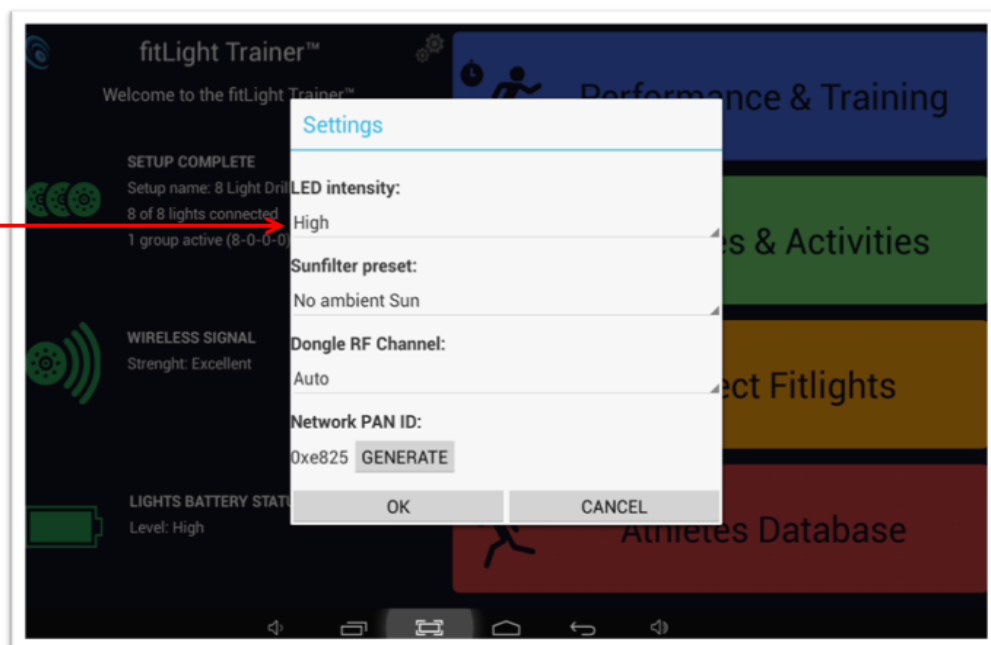
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Light Settings

3

Light Intensity Settings are used to adjust the brightness of the lights.

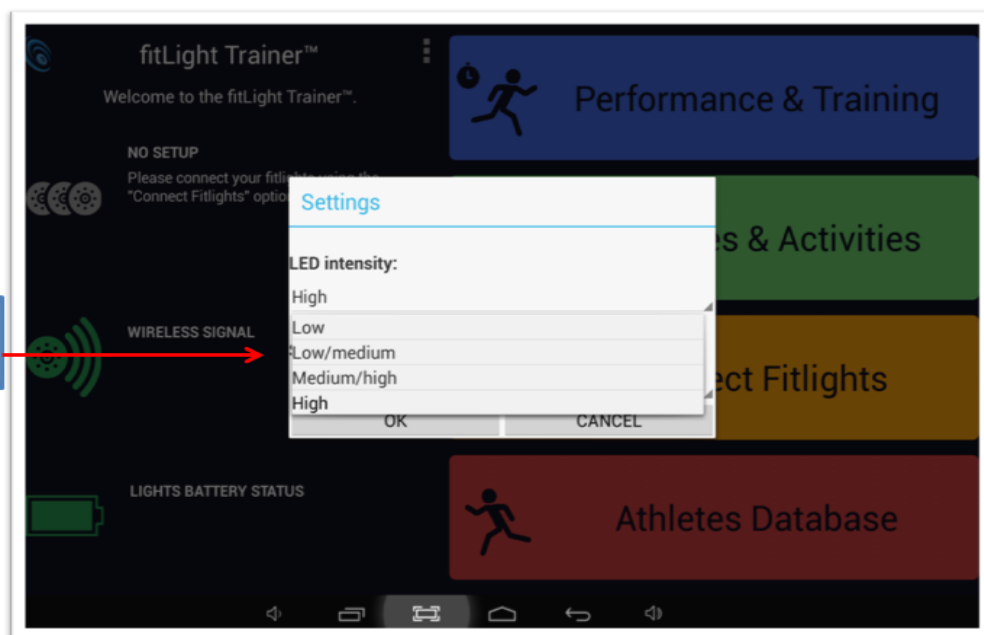
1. Select "High" to adjust the brightness of the Light.
2. Menu will open for intensity level selections.
3. A drop down menu will appear.



Light Settings

4

1. Select the level of brightness (4 selections).
2. Once completed select "OK"



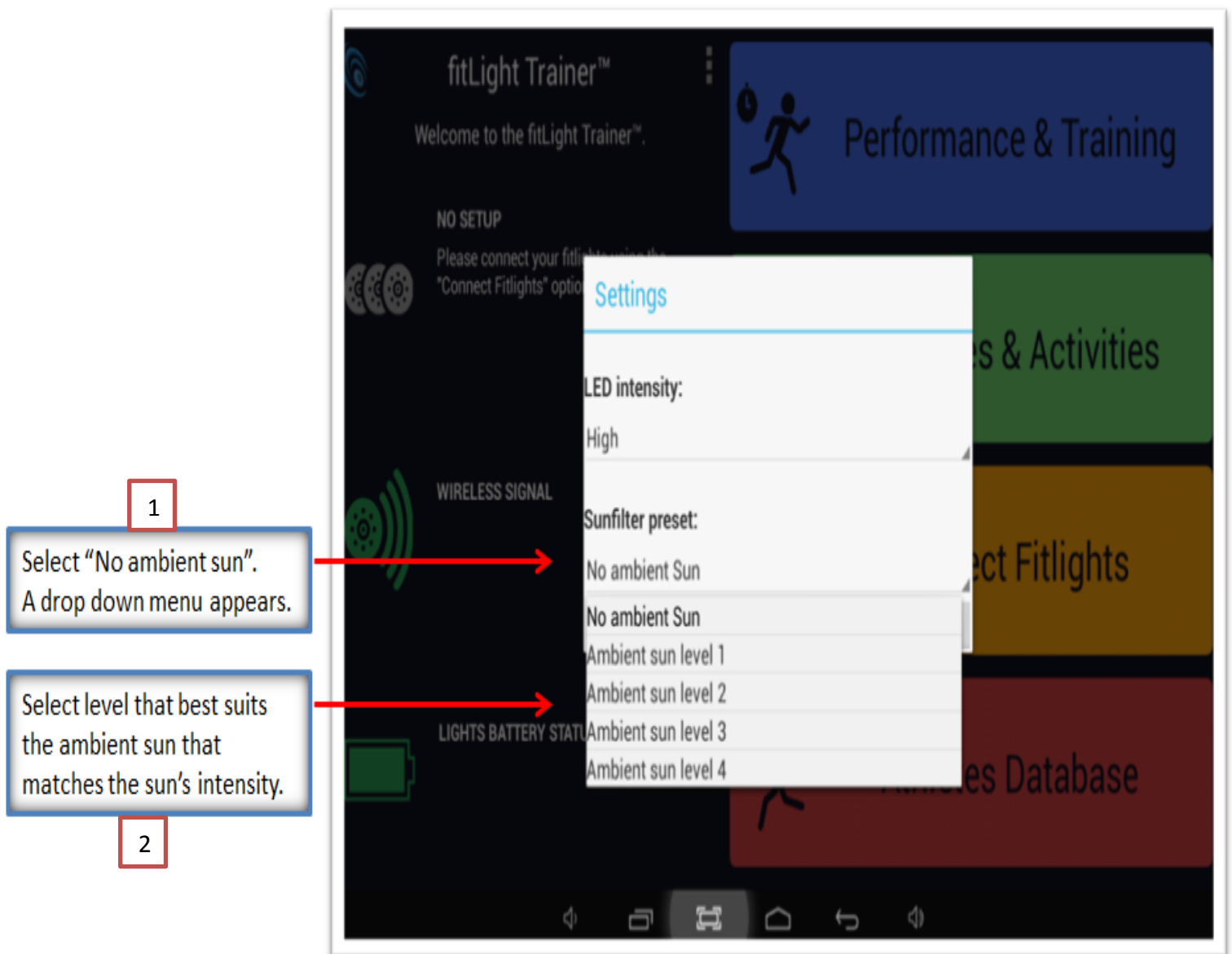
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Sunlight Settings



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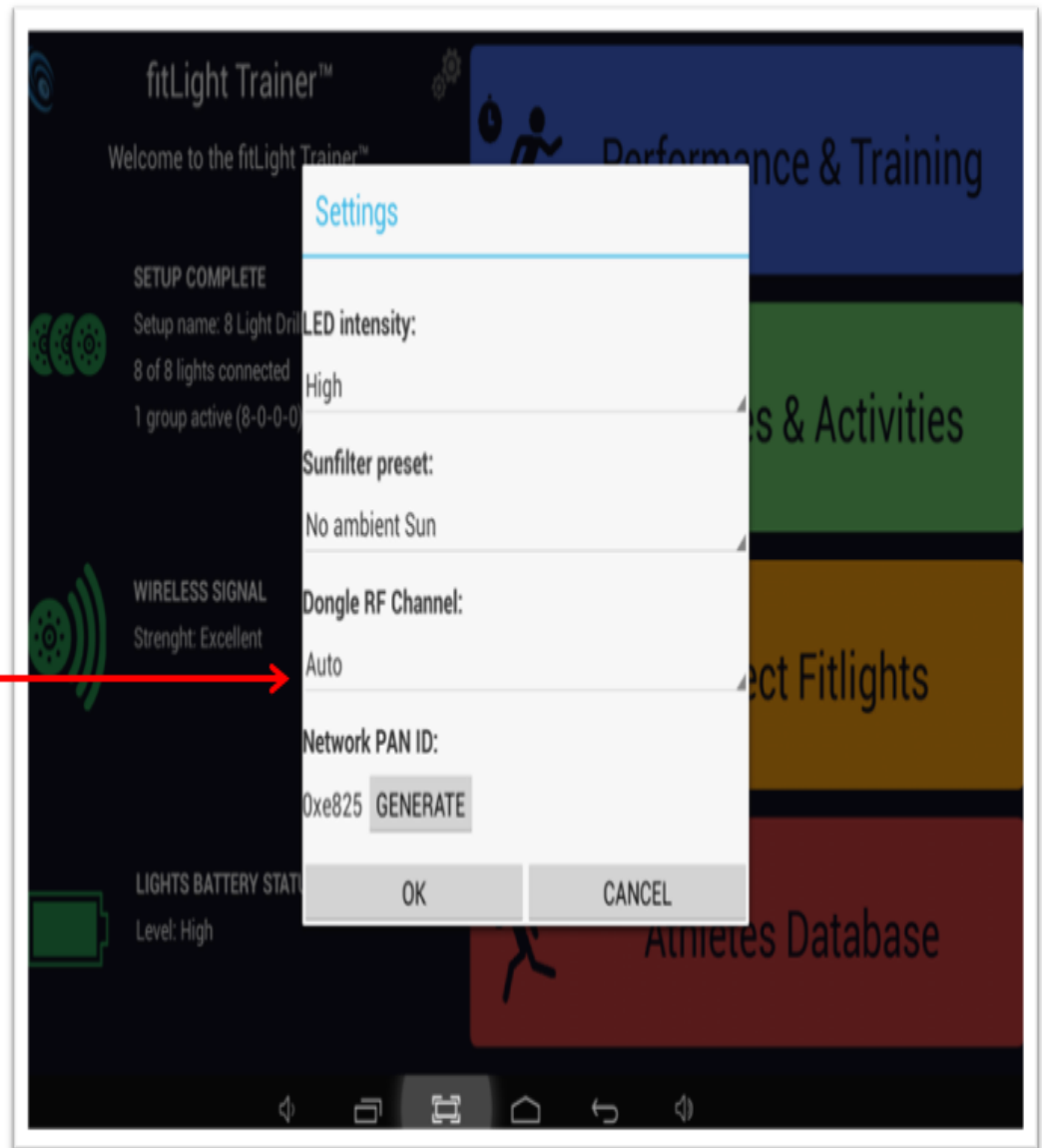
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RF Channel Settings.

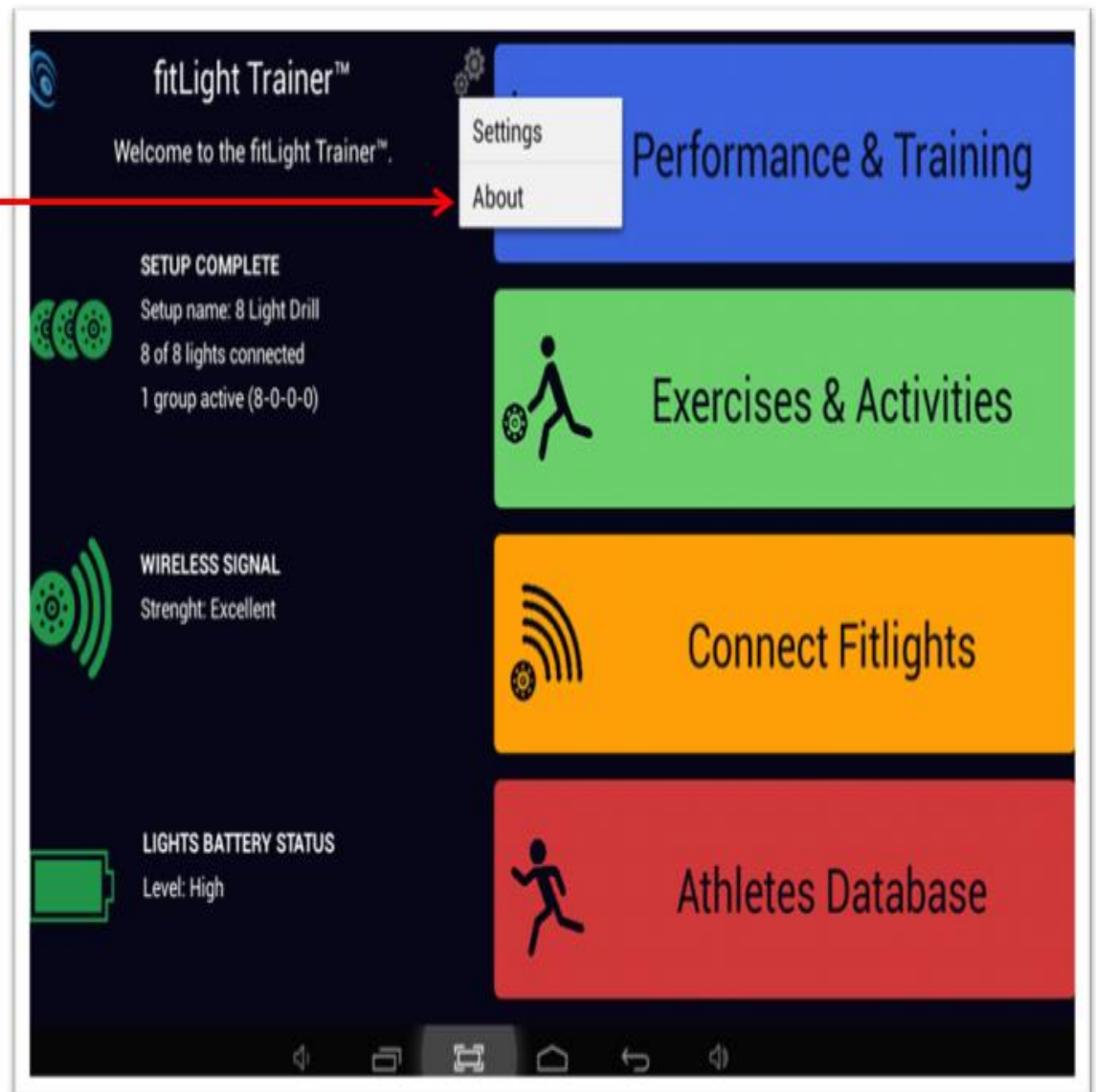
Select "Auto" to allow the system to automatically select the best Channel for wireless reception. A drop down menu will appear to allow manual selection of the best channel for wireless reception.



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System Software Revision Level

Select "About"



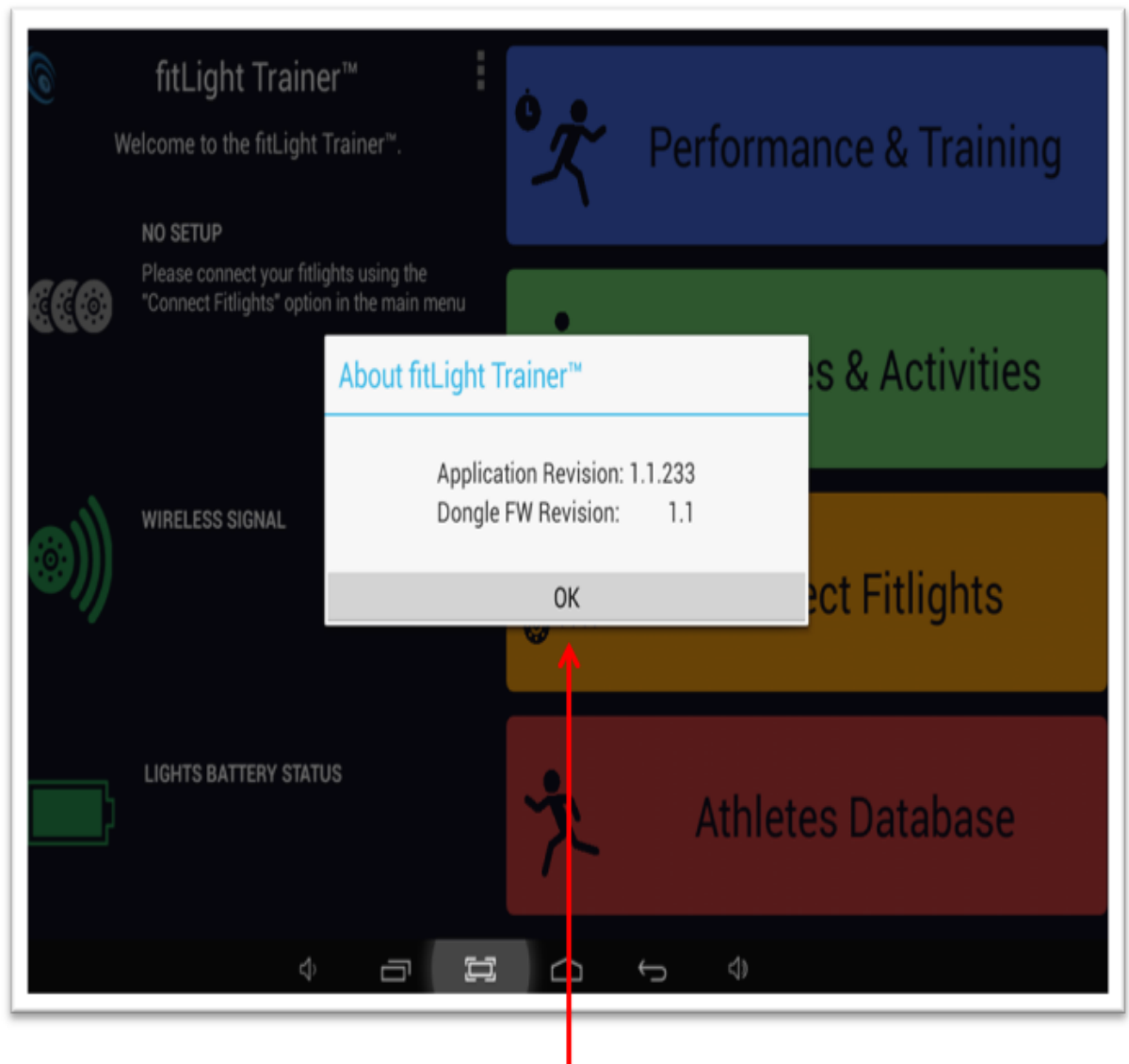
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System Software Revision Level



1. Information on the current level of software loaded onto your system.
2. This is useful to know when upgrading new software to your system.
3. Select "OK" to return to "Main Menu"

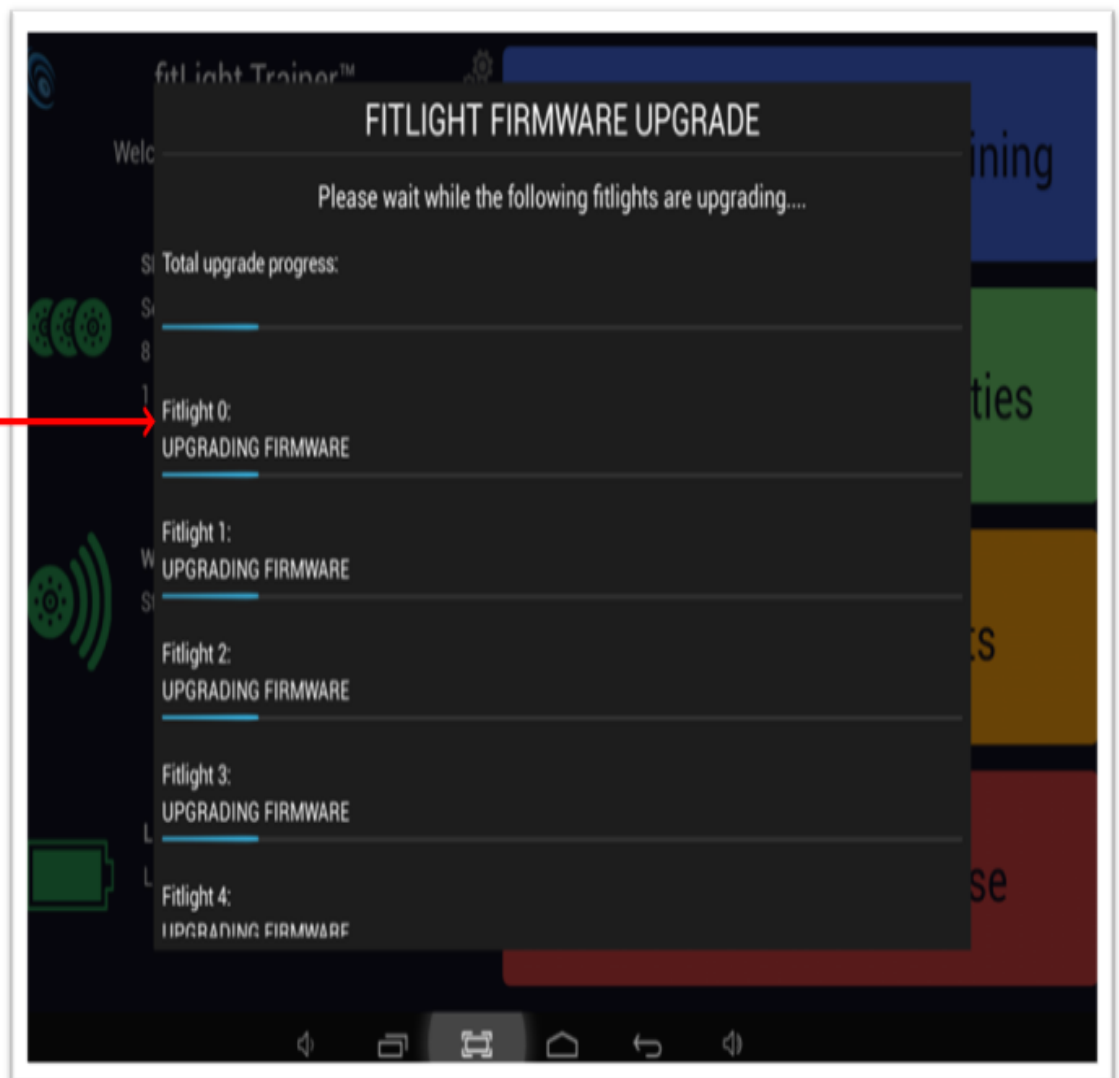
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Firmware Upload for Lights



Indicator for Firmware
upload status

Light # being upgraded
and upload status

1. Whenever new Firmware is released for the lights, the lights will be automatically updated when the system is turned on.
2. Screen indicates the progress of the download and the result will be shown at the end of the download.

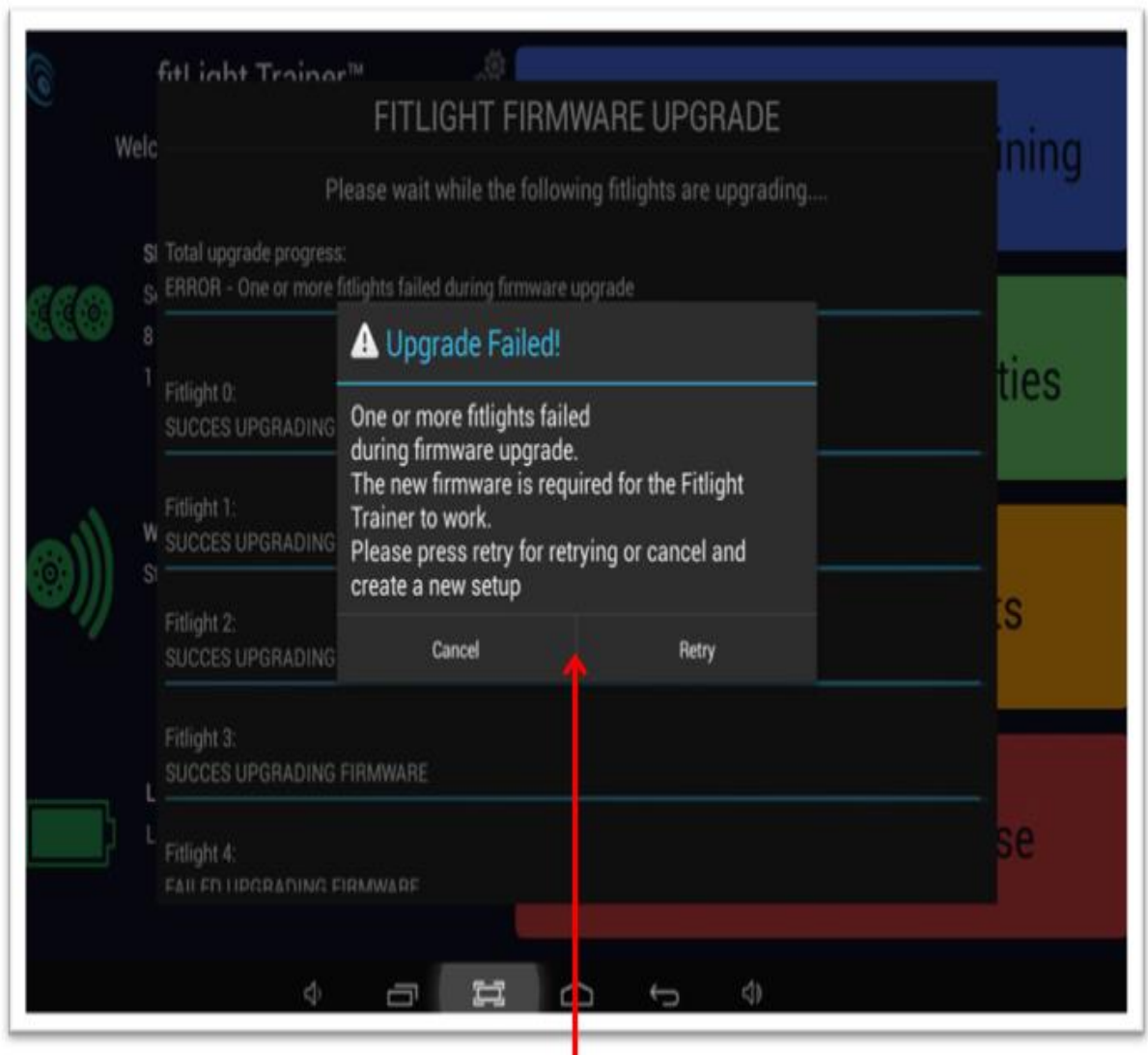
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Firmware Upload for Lights



1. Screen indicates the progress of the download and the result will be shown at the end of the download.
2. This screen shows one or more Lights failed to be upgraded.
3. Select retry until Lights are properly upgraded. This can take several attempts depending on the environment

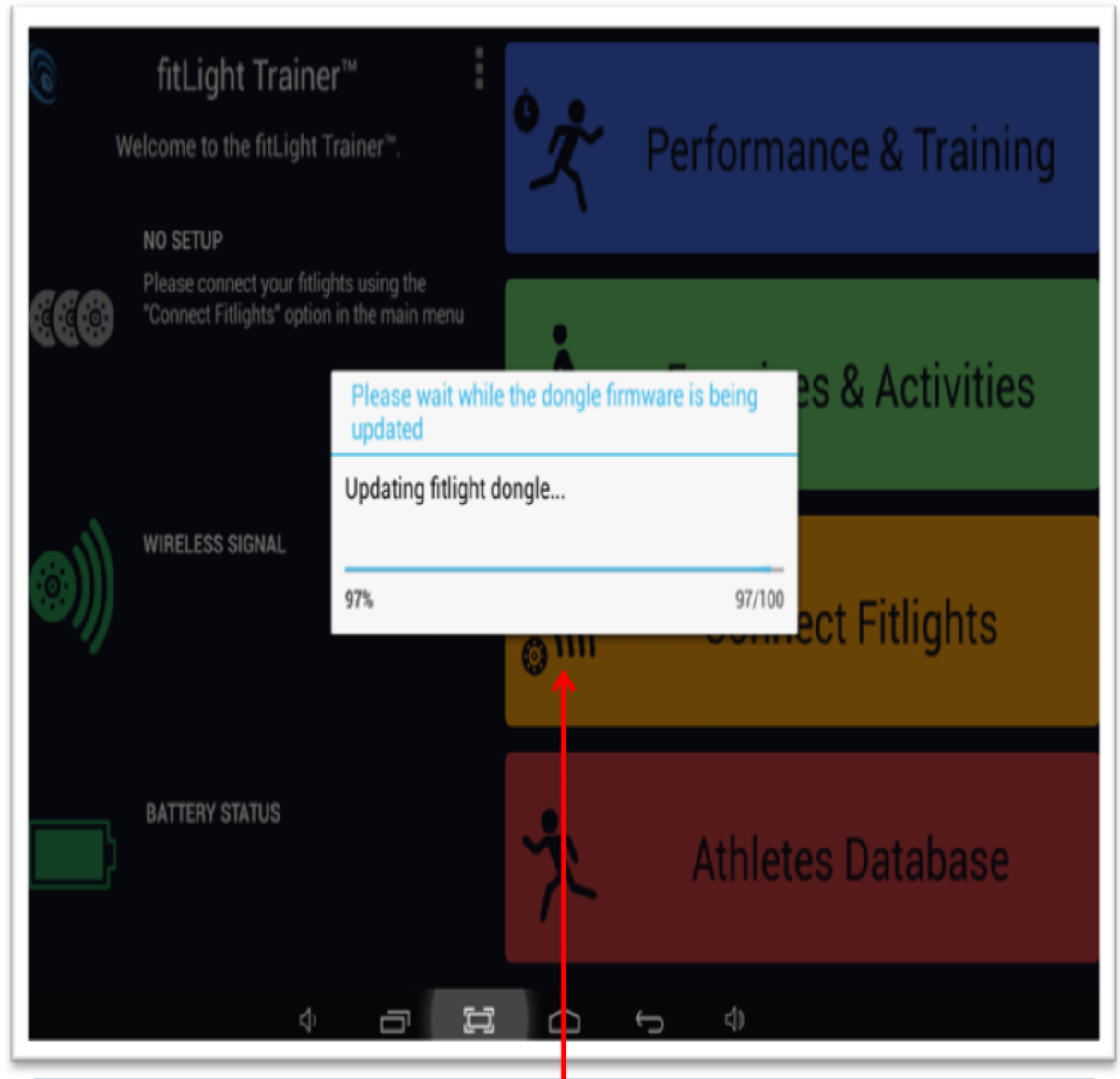
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Firmware Upload for USB Dongle



1. Whenever new Firmware is released for the Dongle, it will be automatically be updated when the system is turned on.
2. Screen indicates the progress of the download and the result will be shown at the end of the download.

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fitLight Trainer™ Operation Modes

Routine 1

RANDOM REACTION: 60 SECOND TEST.

This program is designed with the lights coming on randomly and the user must deactivate them as fast as possible. Once the light is deactivated another light quickly illuminates and the action is repeated for 60 seconds.

Routine 2

50 LIGHT TARGET ROUTINE:

This test is designed for the user to hit 50 lights as fast as possible.

Routine 3

REACTIVE MODE:

This routine is controlled by the pace in which the lights are activated from the program generation or set by the trainer. Lights can be programmed to come on at any time interval in 10 millisecond increments and the user must deactivate the light as fast as possible before the next light comes on. For example, the trainer can set the lights to come on, every 0.5 seconds and the user must react and deactivate the light within 0.5 seconds before the next light activates. If the user misses the next light, then the sequence continues and the user tries to deactivate as many lights as possible until the allotted routine time has elapsed. The number of lights missed and hit in the programmed time is recorded. This test is typical of an open motor skill environment. This test can be done with pre-set routines enabling benchmarking/ baseline testing. It can also be designed to replicate specific sport requirements or can be executed randomly through the software. If an 80% or better success rate is accomplished, the light activation speed can be decreased appropriately to increase the speed of the exercise.

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Routine 4

RANDOM PACE CONTROLLED REACTION:

This is the same as the Reactive Mode with the only difference being that the time the lights remain on are varied and random. This is accomplished by the parameters set by the program generation.

Routine 5

PROACTIVE MODE EXERCISE:

This program is dependent on the speed of response from the user. When a light is illuminated, the user will hit / deactivate the light as fast as possible, which in turn will immediately illuminate another light and the action repeats itself. The faster the light is deactivated the faster a new light appears. The lights will illuminate in random locations. You can program the routine for 30 seconds, 60 seconds or longer for a more aerobic exercise. This exercise is typical of a closed motor skill environment. The time it takes to deactivate the lights and the number of lights deactivated is recorded. This data is recorded and can be used as a bench mark for further development.

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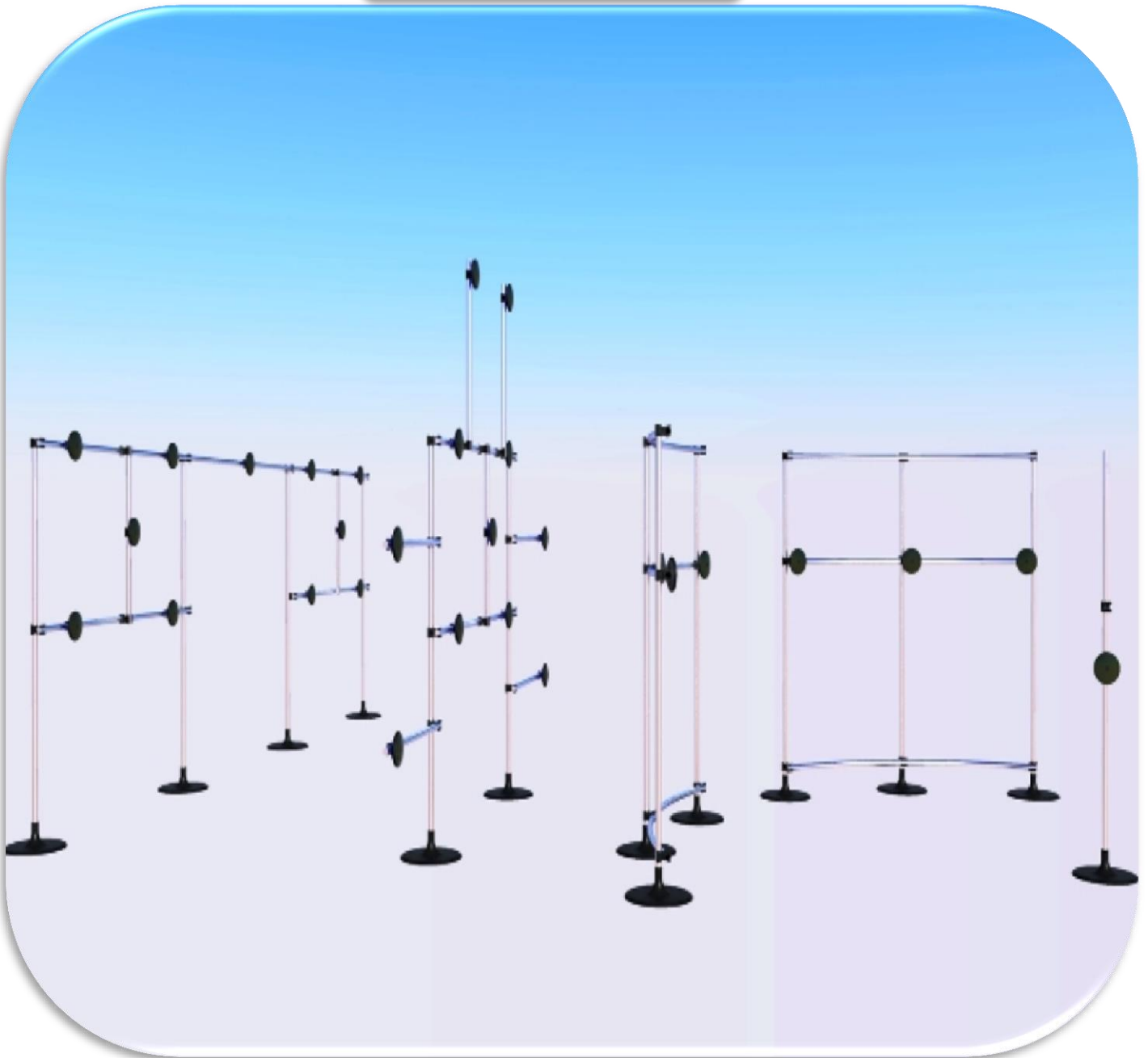
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fitLight Trainer™ Accessories

Frames



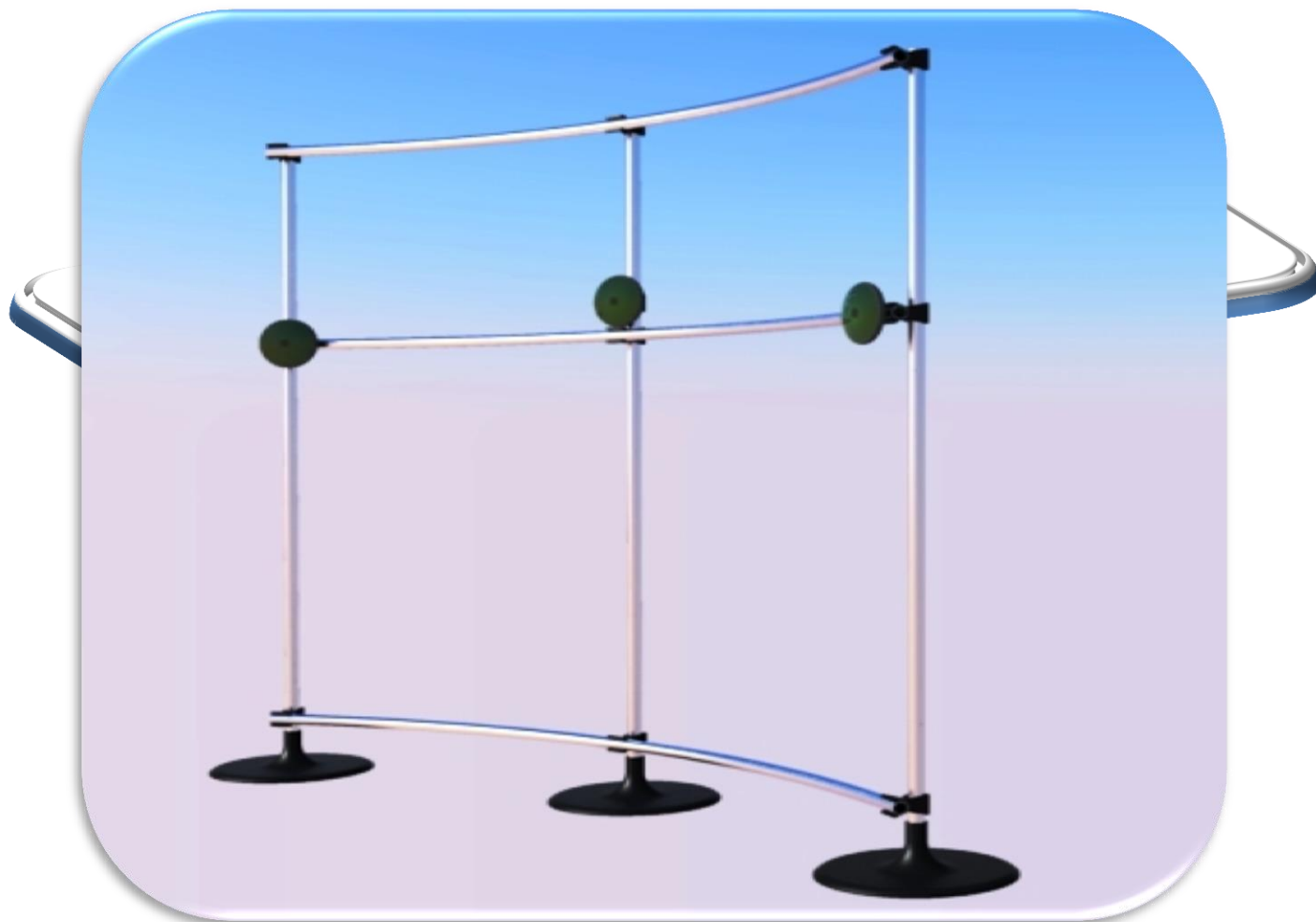
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fitLight Trainer™ Single Curved Frame Set Up



Assembly Pieces for 8' X 8' Frame

1. Straight Tubes - 6 Pcs.
2. Curved Tubes – 3pcs.
3. Tube Clamps – 9 pcs.
4. Base Feet – 3 pcs.
5. fitLight™ Clips - 8 pcs
6. Tube Connectors – 3 pcs

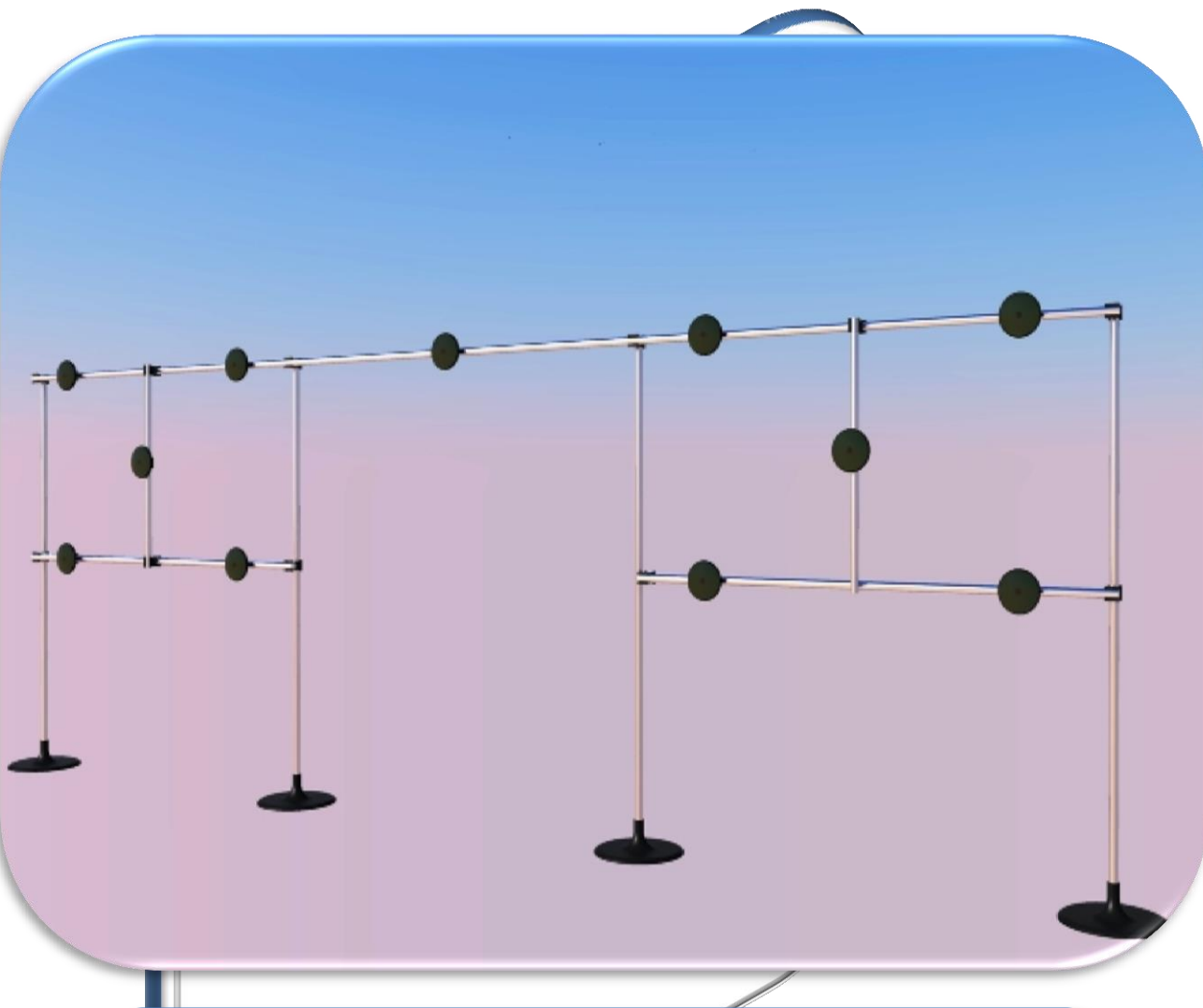
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fitLight Trainer™ Dual Frame Set up



Assembly Pieces for 12' X 24' Frame

1. Straight Tubes - 20 Pcs.
2. Tube Clamps – 12 pcs.
3. Base Feet – 4 pcs.
4. fitLight™ Clips – 11pcs
5. Tube Connectors – 9 pcs

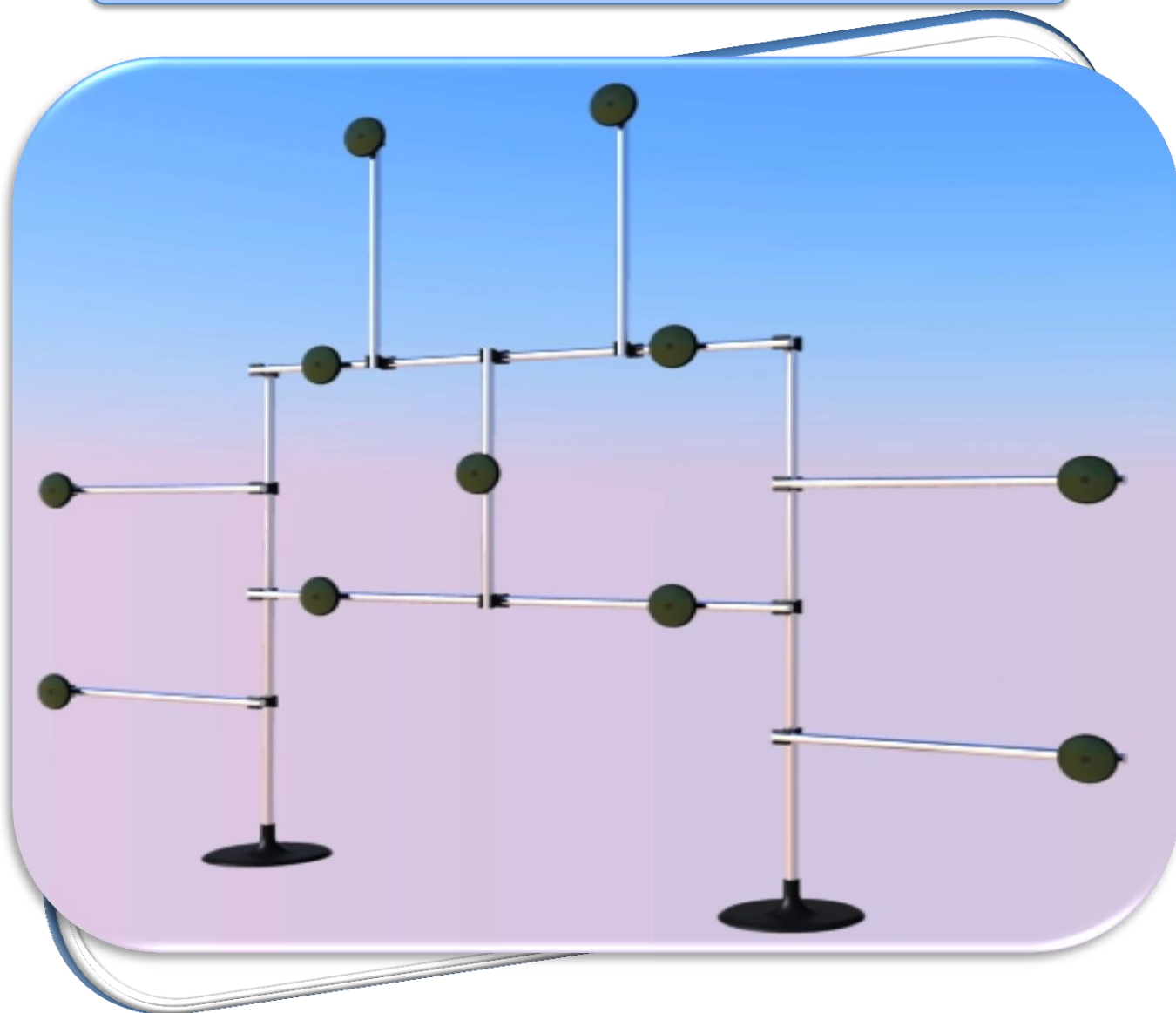
Fitlight Sports Corp.

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Tel# 905-713-3330, Fax# 905-713-2572 Web Site: www.fitlighttraining.com

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fitLight Trainer™ Peripheral Vision Frame Set Up



Assembly Pieces for 12' X 12' Frame

1. Straight Tubes - 15 Pcs.
2. Tube Clamps – 12 pcs.
3. Base Feet – 2 pcs.
4. fitLight™ Clips – 11 pcs
5. Tube Connectors – 4 pcs

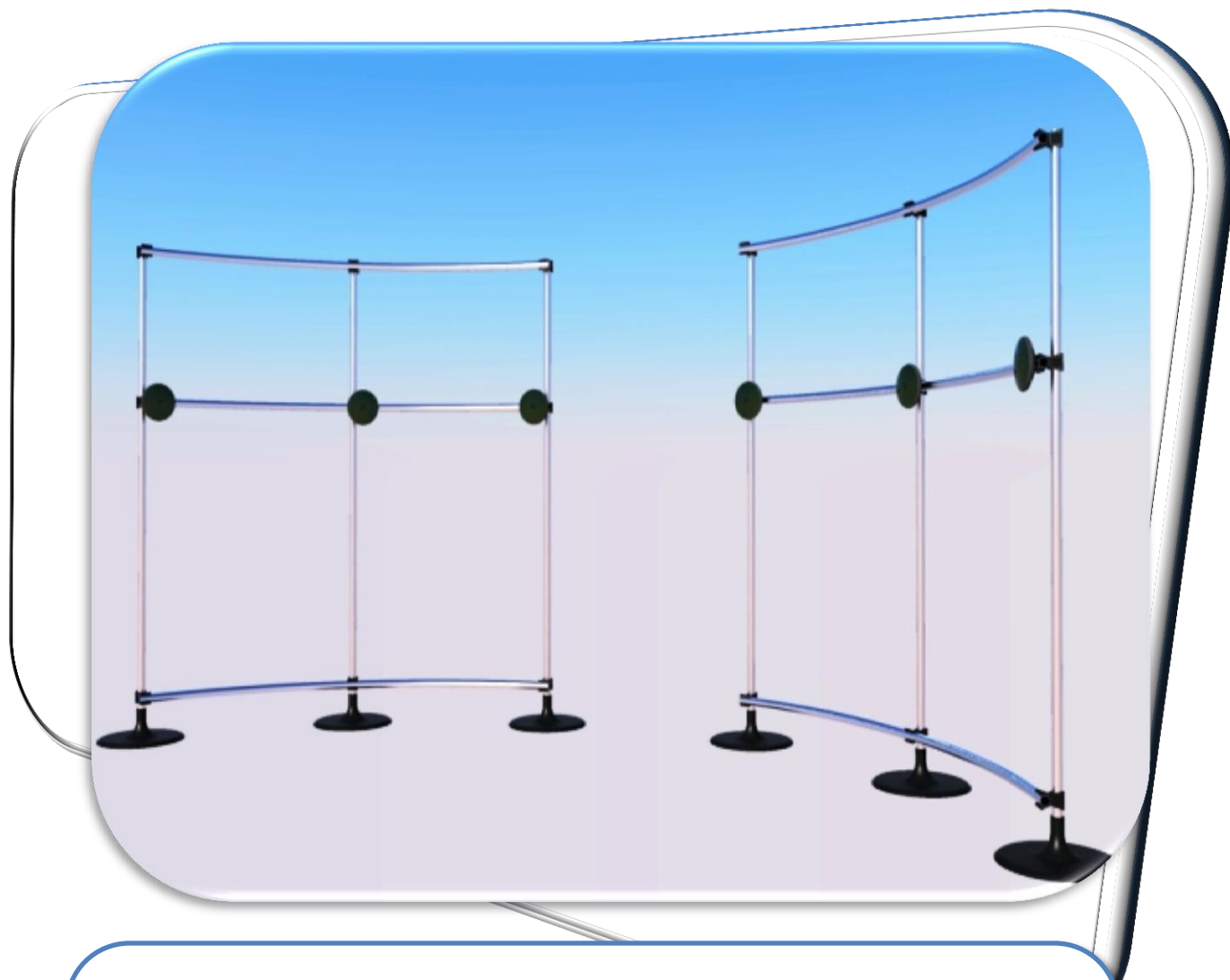
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fitLight Trainer™ Dual Curved Frame Set Up



Assembly Pieces for 8' X 16' Frame

1. Straight Tubes - 12 Pcs.
2. Curved Tubes - 6 pcs.
3. Tube Clamps – 18 pcs.
4. Base Feet – 6 pcs.
5. fitLight™ Clips – 8 pcs
6. Tube Connectors – 6 pcs

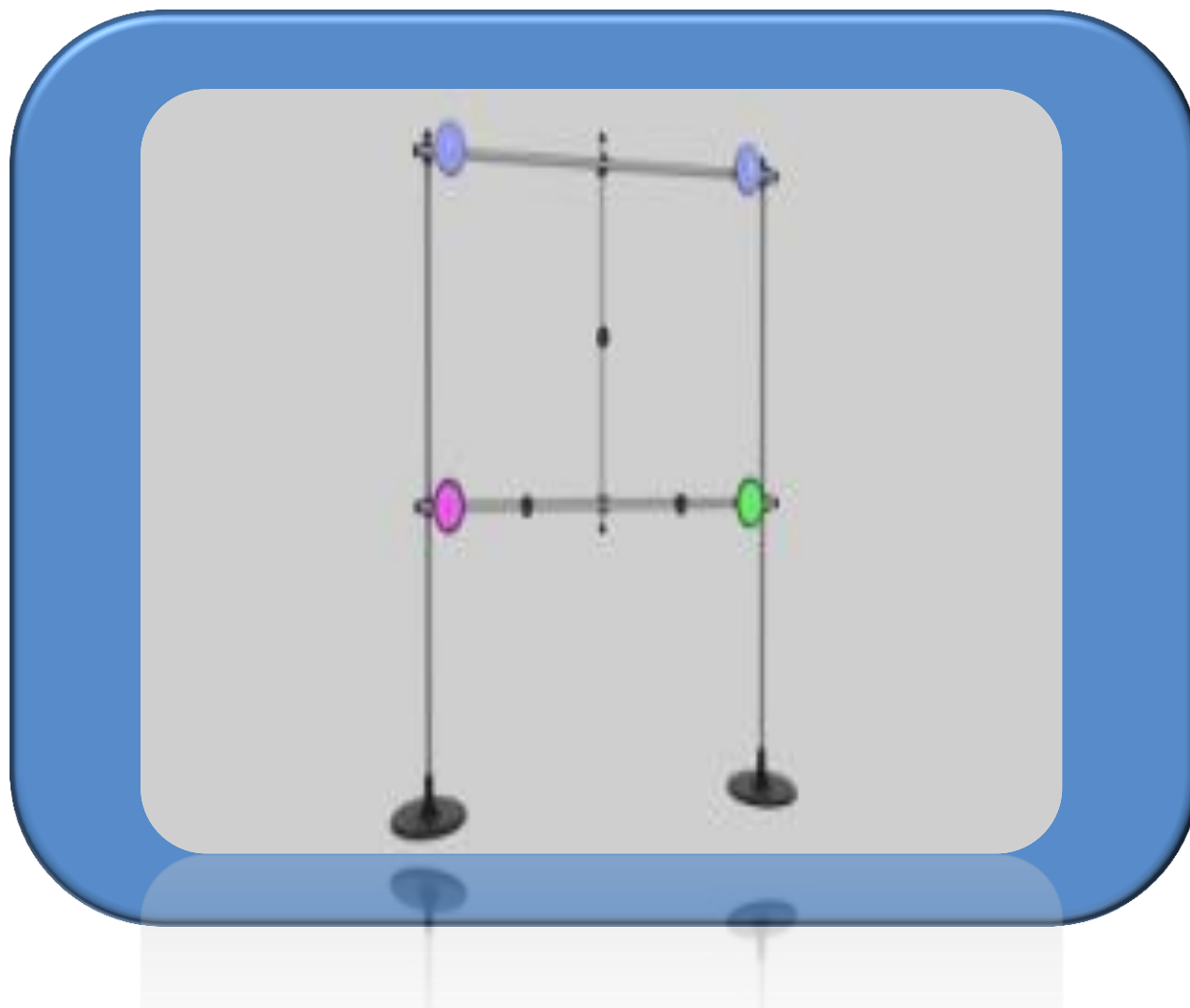
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fitLight Trainer™ Basic Frame Set up



Assembly Pieces for 8' X 8' Frame

- 7. Straight Tubes - 9 Pcs.
- 8. Tube Clamps – 6 pcs.
- 9. Base Feet – 2 pcs.
- 10. fitLight™ Clips – 8 pcs
- 11. Tube Connectors – 4 pcs

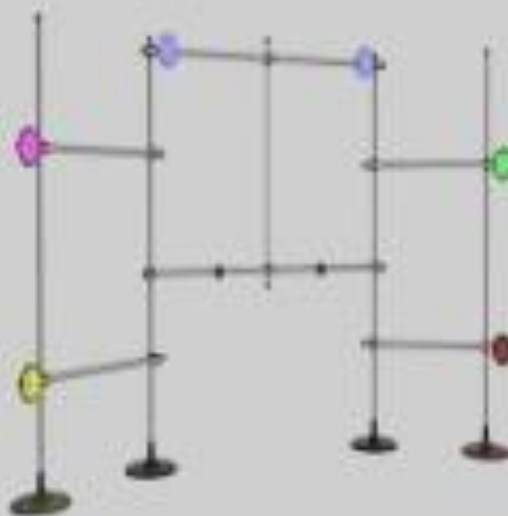
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fitLight Trainer™ Basic + Frame Set up



Assembly Pieces for 8' X 8' Frame

- 12. Straight Tubes - 17 Pcs.
- 13. Tube Clamps – 13 pcs.
- 14. Base Feet – 4 pcs.
- 15. fitLight™ Clips – 8 pcs
- 16. Tube Connectors – 6 pcs

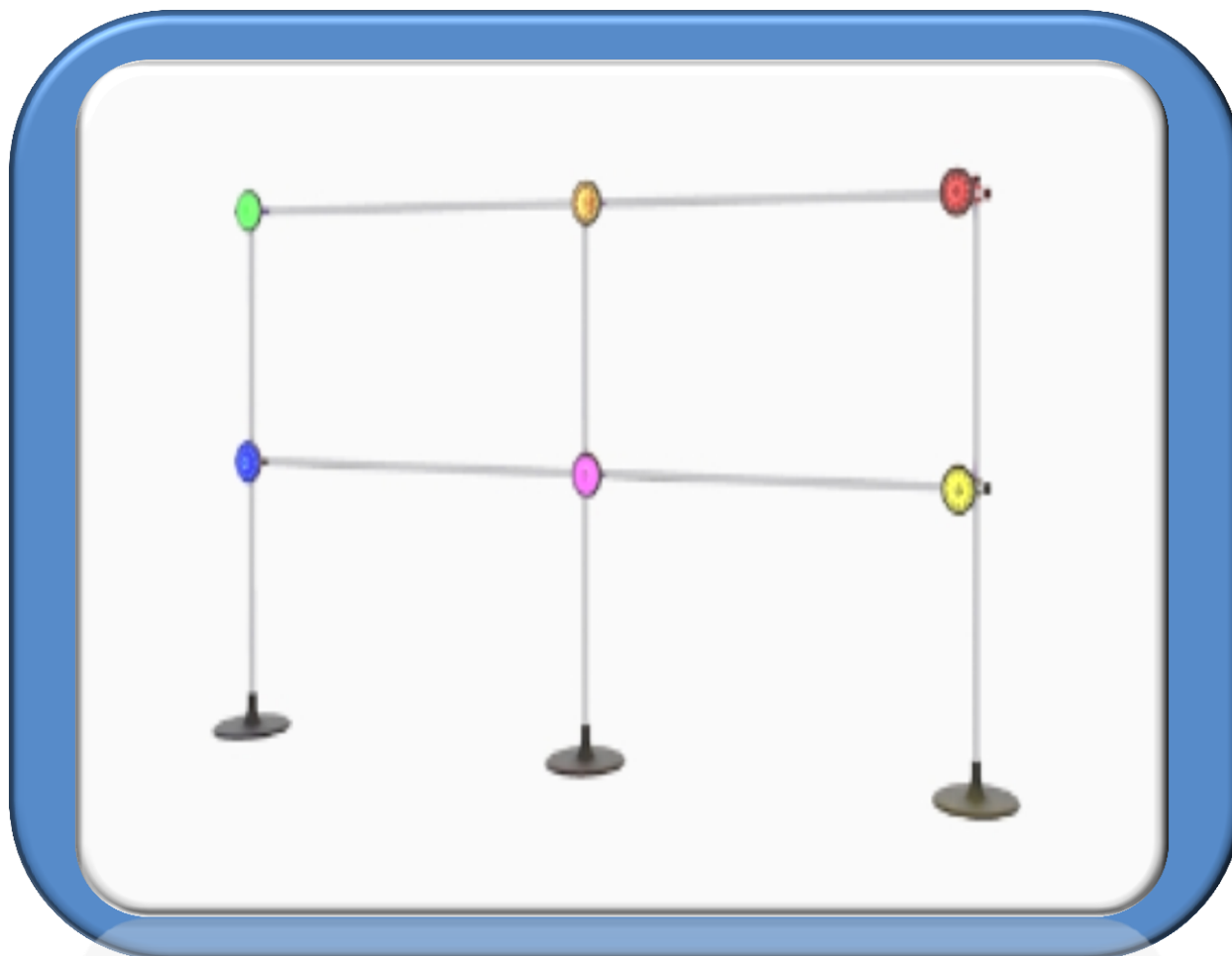
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fitLight Trainer™ Frame Gallery



Assembly Pieces for 8' X 16' Frame

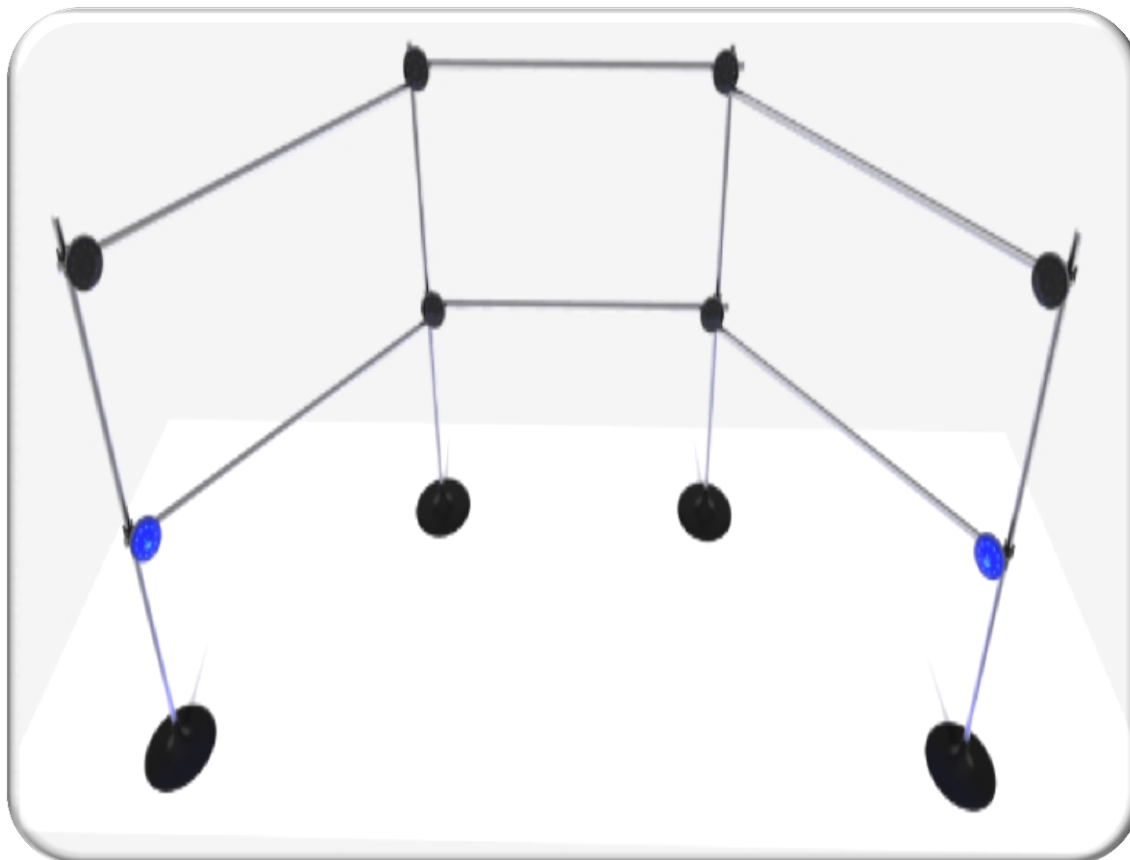
1. Straight Tubes - 14 Pcs.
2. Tube Clamps – 6 pcs.
3. Base Feet – 3 pcs.
4. fitLight™ Clips – 8 pcs
5. Tube Connectors – 7 pcs

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Assembly Pieces for 8 X 20' Frame

- 6. Straight Tubes - 18 Pcs.
- 7. Tube Clamps – 12 pcs.
- 8. Base Feet – 4 pcs.
- 9. fitLight™ Clips – 8 pcs
- 10. Tube Connectors – 8 pcs

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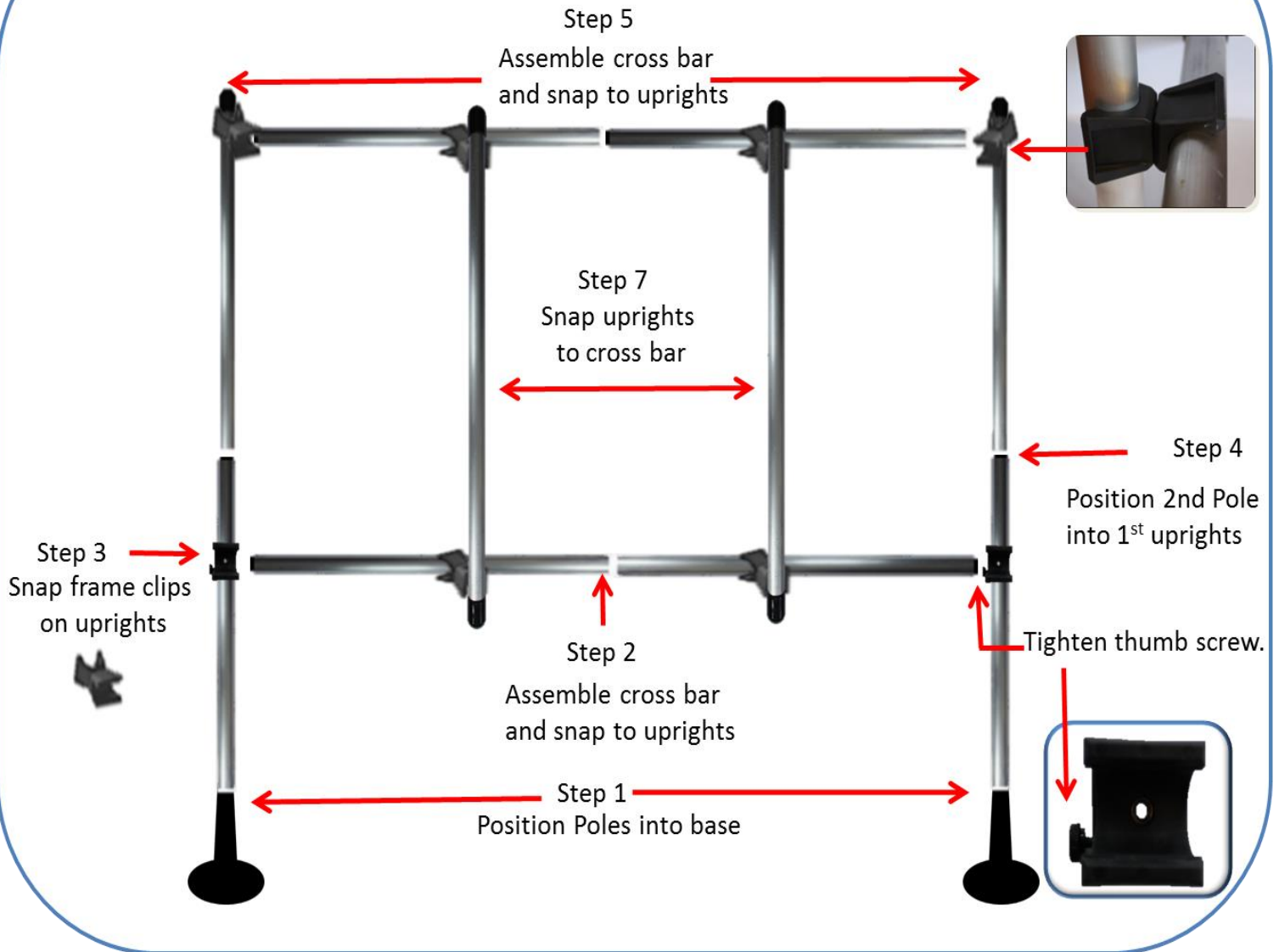
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Frame Assembly

FITFLEX™ FRAME ASSEMBLY



May require two people for the top (higher) section.

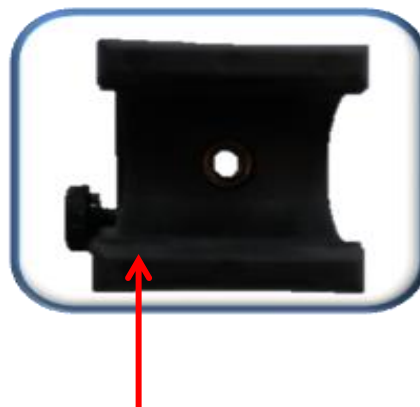
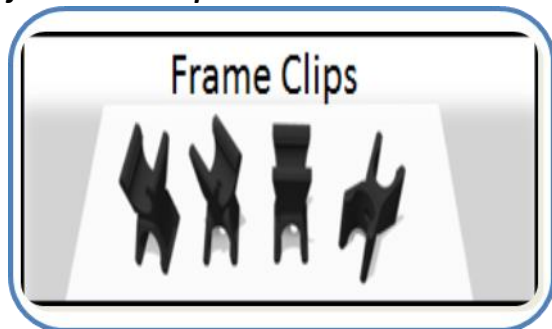
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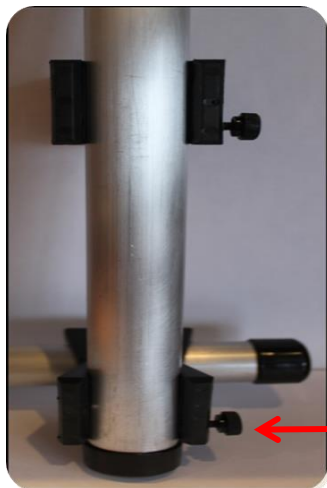
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flexFrame™ Clips:

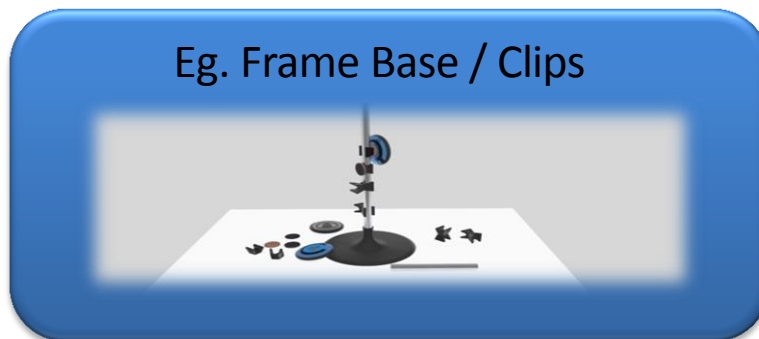


The flexFrame™ clips are used to join the frame tubes. It is important to note the “Thumb Screw” which is needed to be tightened after the clip is snapped onto the frame tube. You are only required to tighten the “Thumb Screws” on the clips that are on the Vertical tubes (Uprights). The clips used on the vertical tubes should have the “Thumb Screw” positioned on the bottom as shown.



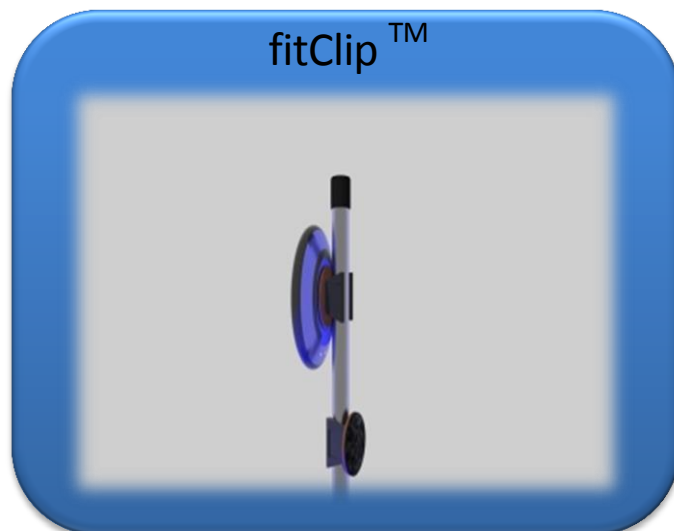
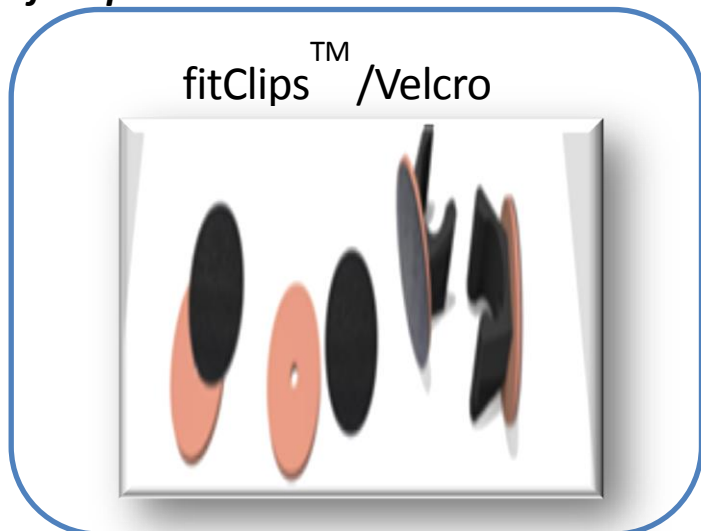
Thumb Screws positioned at the bottom

Eg. Frame Base / Clips



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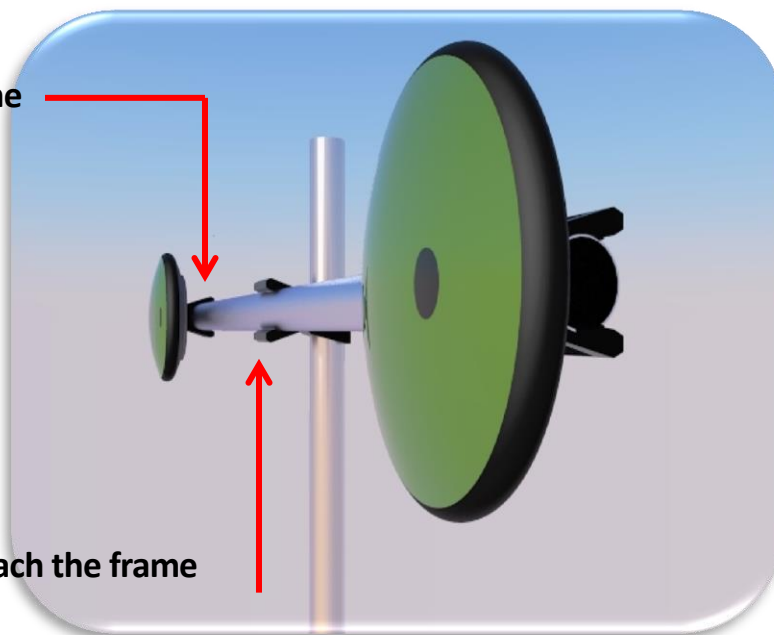
fitClips™



The fitClips™ are used to position the lights onto the frame. The fitClips™ have a velcro pad on the front surface which allows the light to be easily removed as required. The fitClip™ allows the light to be snapped in place anywhere on the frame. The lights can be positioned on the frame vertically or horizontally by rotating to the desired position. These fitClips™ are used with the velcro pad accessory for the light.

fitLight Trainer™ Clip/Clamp Set up

**fitClip™ to attach
the light to the frame**



flexFrame™ clip to attach the frame

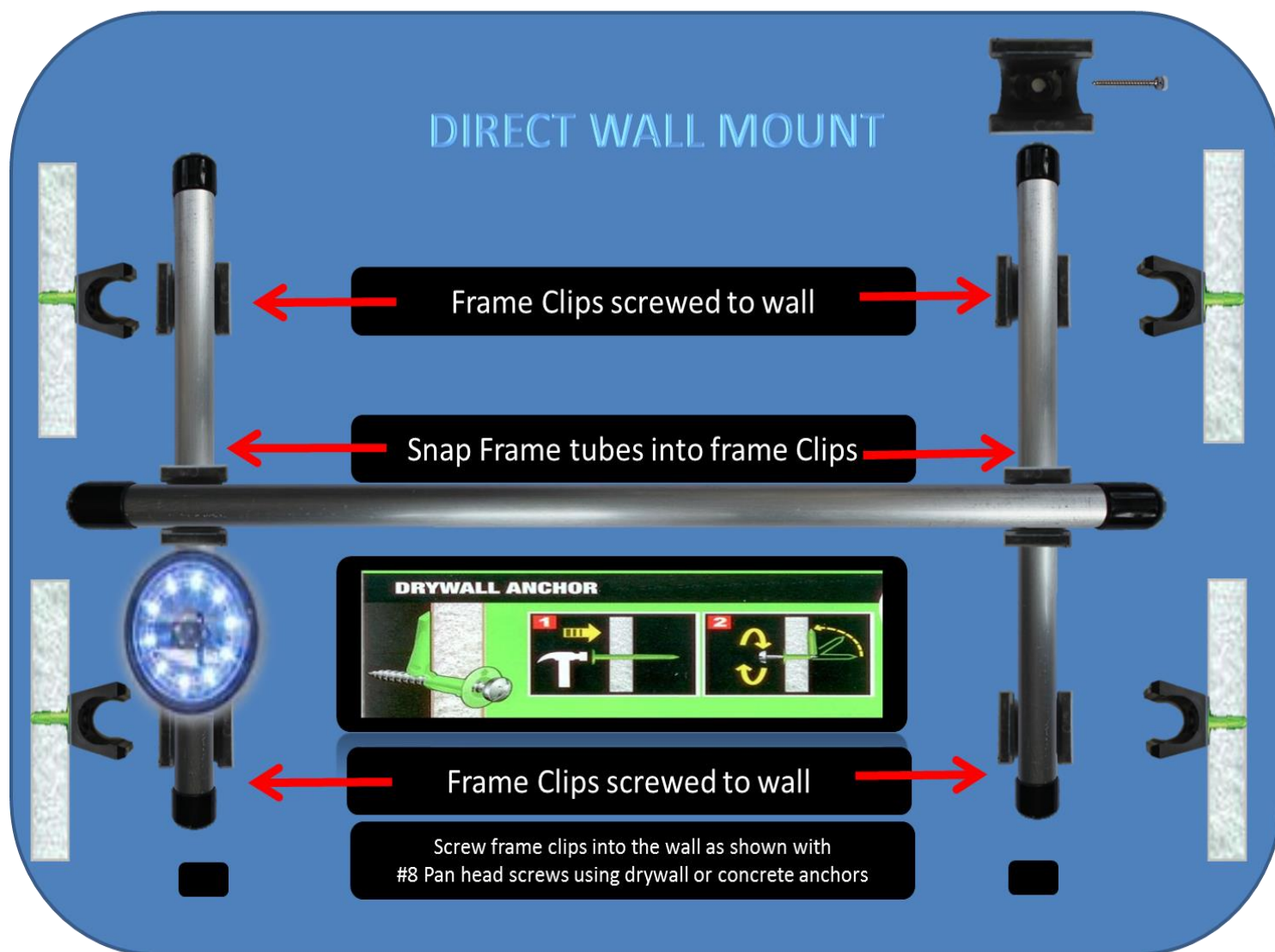
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Direct Wall Mount



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Expandable with all standard
frame components



4 feet

8 feet

12 feet

16 feet



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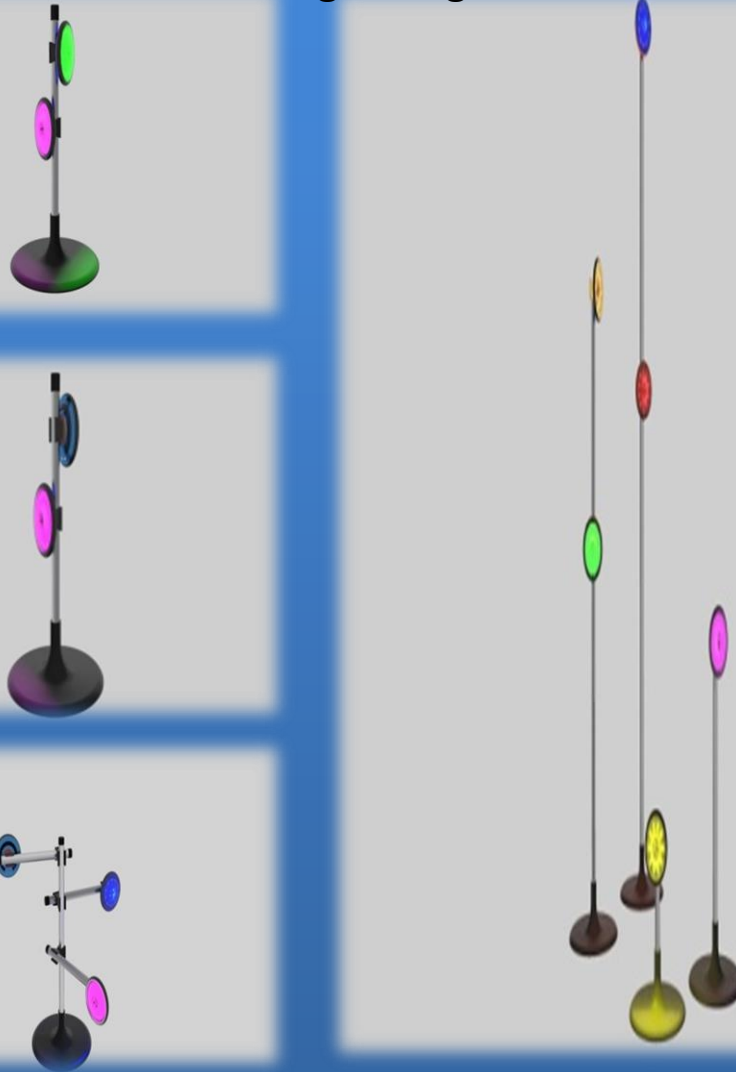
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Examples of fitLight Single Stands

fitLight Single Stands



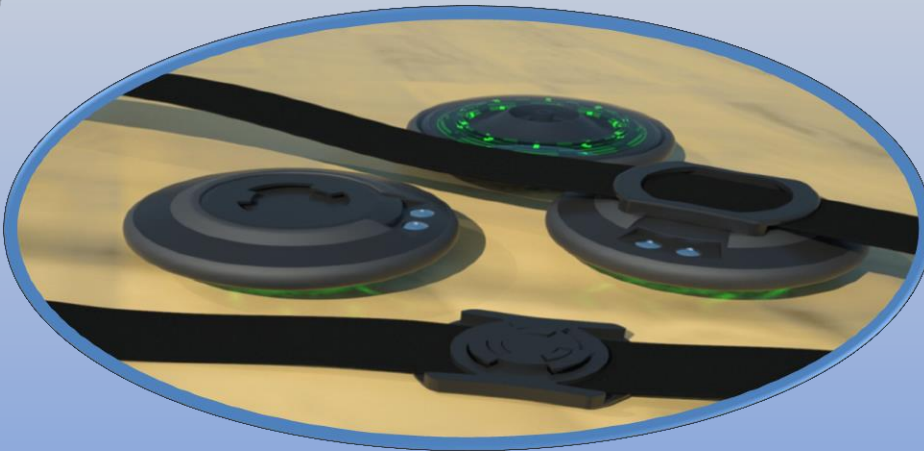
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fitWaist™ Belt Accessory Assembly



1. Thread the waist belt through the fitWaist™ plastic adapter.



2. Adjust the belt to fit your waist and fasten the end clasp.



3. Attach the fitWaist™ belt onto the light with a half turn



Use of the fitWaist™ belt:

1. Applied to blocking dummies.
2. Applied to punching bags.
3. Applied around the waist for specific drills.

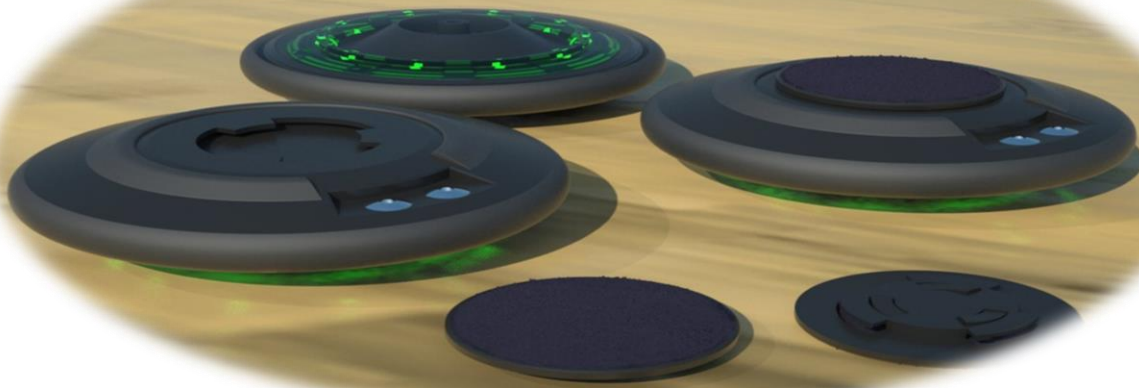
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fitPad™ Velcro Accessory



The fitPads™ with the velcro are used to position the lights onto any surface using velcro .The fitPads™ have velcro on the front surface which allows the light to be easily placed or removed as required.

1. Attach the Velcro to the bottom of the fitPad™.



2. Attach the fitPad™ onto the fitLight™ with a half turn.



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System Specifications

Technical Specifications:

Wireless Range50 meters
Battery Charge (Lights).....6 Hours
Battery Charge (Controller).....6 Hours
Rechargeable Batteries.....Yes
Battery type.....NiMH
Charger Voltage.....100/240 V
Activation Distance (Programmable)....0-80 cms
Activation Times (Programmable).....Yes
Flashing Light Mode (Programmable)..Yes
Constant Light Mode (Programmable).Yes
Multi Coloured Light (Programmable)..Yes
Water Resistant.....Yes
Outdoor Capable.....Yes
Proximity Sensing.....Yes

Technical Specifications:

Contact Sensing.....Yes (multi directional)
Accelerometer.....2g,4g,8g, sensitivity
Sound.....Yes, multi-tone buzzer
Maximum Lights per Controller..... 32
Data Capture.....Yes
RFID Capable.....Yes
Impact Resistant.....Yes
Size.....10 cms
Weight.....0.3 kg

Electrical Data:

100-240VAC - AC to DC
Universal Power Supply
Frequency: 50/60Hz
Power Consumption: 30 Watts.

Physical Data:

Weight: 0.3 Kg (10oz) per light
Weight of 8 lights and
Carrying Case : 3.4Kg.

Battery Data:

NiMH 1.2V TYP.820mAh
Li-ion 3.7V, 1180mAh



Compliance Rating

The fitLight Trainer™ has been tested against industry standards and is approved to the following:

FCC : OA3MRF24J40MB

IC 7693A-24J40MB CE 681

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fitLight Trainer™ Limited Hardware Warranty:

Subject to the exclusions, limitations and conditions stated, Fitlight Sports Corp. warrants to the original purchaser that Fitlight products shall be free from defects in material and workmanship for the period of one year under normal consumer use, unless specified otherwise on your product package and/or contained in your user documentation, from the original date of purchase. You may also find this information by selecting your product in the Online Support section of our website at www.fitlighttraining.com. Except where prohibited by applicable law, this warranty is non-transferable and is limited to the original purchaser. This warranty gives you specific legal rights, and you may also have other rights that vary under local laws.

Limitations of Liability and Exclusions:

Fitlight Sports Corp. SHALL NOT BE LIABLE FOR ANY SPECIAL, INDIRECT, INCIDENTAL OR CONSEQUENTIAL DAMAGES WHATSOEVER, INCLUDING BUT NOT LIMITED TO LOSS OF PROFITS, REVENUE OR DATA (WHETHER DIRECT OR INDIRECT) OR COMMERCIAL LOSS FOR BREACH OF ANY EXPRESS OR IMPLIED WARRANTY ON YOUR PRODUCT EVEN IF Fitlight Sports Corp. HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES, Fitlight Sports Corp.'s ENTIRE LIABILITY SHALL BE LIMITED TO COSTS OF REPLACEMENT, REPAIR, OR REFUND OF THE PURCHASE PRICE PAID, AT THE SOLE OPTION OF THE COMPANY. THE FOREGOING WARRANTIES AND REMEDIES ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, PERFORMANCE, ACCURACY CORRESPONDENCE WITH DESCRIPTION, AND NON-INFRINGEMENT, ALL OF WHICH ARE EXPRESSLY DISCLAIMED. IN NO EVENT SHALL Fitlight Sports Corp. BE LIABLE, WHETHER IN CONTRACT OR TORT (INCLUDING NEGLIGENCE) FOR DAMAGES IN EXCESS OF THE PURCHASE PRICE OF THE PRODUCT, ACCESSORY OR SOFTWARE, OR FOR ANY INDIRECT, INCIDENTAL, SPECIAL, CONSEQUENTIAL, OR PUNITIVE DAMAGES OF ANY KIND OR LOSS OF REVENUE OR PROFITS, LOSS OF BUSINESS, LOSS OF INFORMATION OR DATA, SOFTWARE OR APPLICATIONS OR OTHER FINANCIAL LOSS ARISING OUT OF OR IN CONNECTION WITH THE ABILITY OR INABILITY TO USE THE PRODUCTS, ACCESSORIES OR SOFTWARE TO THE FULL EXTENT THESE DAMAGES MAY BE DISCLAIMED BY LAW.

Some jurisdictions do not allow the exclusion or limitation of special, indirect, incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty excludes (1) cosmetic or physical damage to the surface of the product, including cracks or scratches on the LCD screen or outside casing; (2) damage caused by misuse, neglect, improper installation or testing, unauthorized attempts to modify the product, attempted servicing, except for battery replacement, by anyone other than an authorized service representative of Fitlight Sports Corp. or any other cause beyond the range of the intended use; (3) damage caused by accident, fire, water or liquids, power changes, other hazards, or acts of God; (4) use of the product with any non-fitLight™ device, component, such as chargers or connection cables, or service if such device, component or service causes the problem; (5) use of this product for any non-consumer, commercial; (6) failure to perform required preventative maintenance; (7) normal wear and tear or rental purpose.

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Exclusive Remedies and Procedure: Fitlight Sports Corp.'s entire liability and your exclusive remedy for any breach of warranty shall be, at Fitlight Sports Corp.'s option, (1) to repair or replace the hardware, or (2) to refund the price paid, provided that the hardware is returned to the point of purchase or such other place as Fitlight Sports Corp. may direct with a copy of the sales receipt or dated itemized receipt. Shipping and handling charges may apply except where prohibited by applicable law. Fitlight Sports Corp. may, at its option, use new or refurbished or used parts in good working condition to repair or replace any hardware product. Any replacement hardware product will be warranted for the remainder of the original warranty period or thirty (30) days, whichever is longer or for any additional period of time that may be applicable in your jurisdiction. This warranty does not cover problems or damage resulting from (1) accident, abuse, misapplication, or any unauthorized repair, modification or disassembly; (2) improper operation or maintenance, usage not in accordance with product instructions or connection to improper voltage supply; or (3) use of consumables, such as replacement batteries, not supplied by Fitlight Sports Corp. except where such restriction is prohibited by applicable law.

Before submitting a warranty claim, we recommend you visit the support section at www.fitlight.ca for technical assistance in the event of a covered defect during the warranty period, Fitlight Sports Corp. will, at its sole option, repair or replace the product at no charge to Customer for parts or labor. To obtain warranty service for fitLight Training™ products, the Customer must contact Fitlight Sports Corp.'s customer service center at info@fitlighttraining.com or 1-905-713-3330 for a return authorization code, and return the unit shipping prepaid, with proof of the date of original purchase, return authorization code, and Customer return address to: Warranty Returns, Fitlight Sports Corp. 14845-6 Yonge Street, Suite 376, Aurora, Ontario, Canada, L4G 6H8. Shipping labels must contain the return authorization code. ANY shipments sent for warranty service WITHOUT the appropriate return authorization code will be refused and returned to Customer at Customer's expense. Fitlight Sports Corp. will not be responsible for any loss or damage to the product incurred while the product is in transit from Customer for repairs. Customer should, as a precaution, purchase adequate insurance for the unit while it is in transit. Fitlight Sports Corp.'s total obligation under this warranty shall be, at Fitlight Sports Corp.'s sole discretion, to repair or replace the product or part with a comparable product or part, or if neither repair nor replacement is reasonably available, Fitlight Sports Corp. may refund to Customer the purchase price paid for the product or part. Parts removed by Fitlight Sports Corp. shall become the sole property of Fitlight Sports Corp.

Duration of Implied Warranties: EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, ANY IMPLIED WARRANTY OR CONDITION OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ON THIS HARDWARE PRODUCT IS LIMITED IN DURATION TO THE DURATION OF THE APPLICABLE LIMITED WARRANTY PERIOD FOR YOUR PRODUCT. Some jurisdictions do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

National Statutory Rights: Consumers have legal rights under applicable national legislation governing the sale of consumer goods. Such rights are not affected by the warranties in this Limited Warranty.

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No Other Warranties: No Fitlight Sports Corp. dealer, distributor, agent, or employee is authorized to make any modification, extension, or addition to this Limited Warranty, oral or written.

Warranty Periods: Please note that in the European Union, Fitlight Sports Corp. warrants their products in accordance to the required European Union regulatory period.

Governing Law: This Registered User Limited Warranty shall be governed by the laws of the Province of Ontario, Canada, and by the laws of the Canada, excluding their conflicts of laws principles. The United Nations Convention on Contracts for the International Sale of Goods is hereby excluded in its entirety from application to this Limited Warranty.

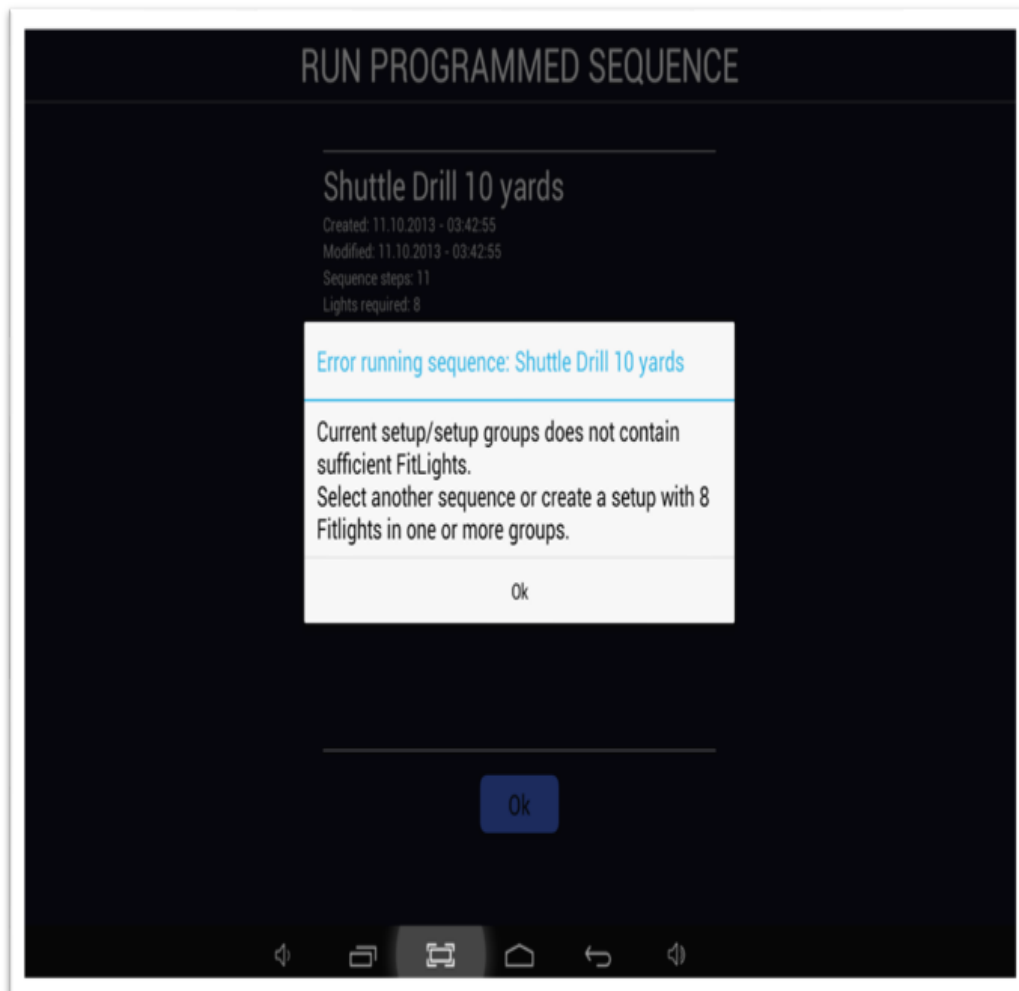
Registration of the fitLight Trainer™ System: Please note that the system must be registered within 1 week of purchase. Registration is required to participate in the warranty program. Registration can be accomplished at: info@fitlightraining.com by submitting the date of purchase, Distributor's Company name together with your name, email address, phone number and serial number of the system. The serial number of the system can be found on the first menu screen after powering on the Controller.

Address:

**Fitlight Sports Corp.
14845-6 Yonge Street
Suite 376
Aurora, On. Canada
L4G 6H8**

ERROR MESSAGES

Error Messages



1. Indicates that there were not the required number of lights connected in the set up as per the Routine requirement.
2. Select "OK" and reset up the required lights.

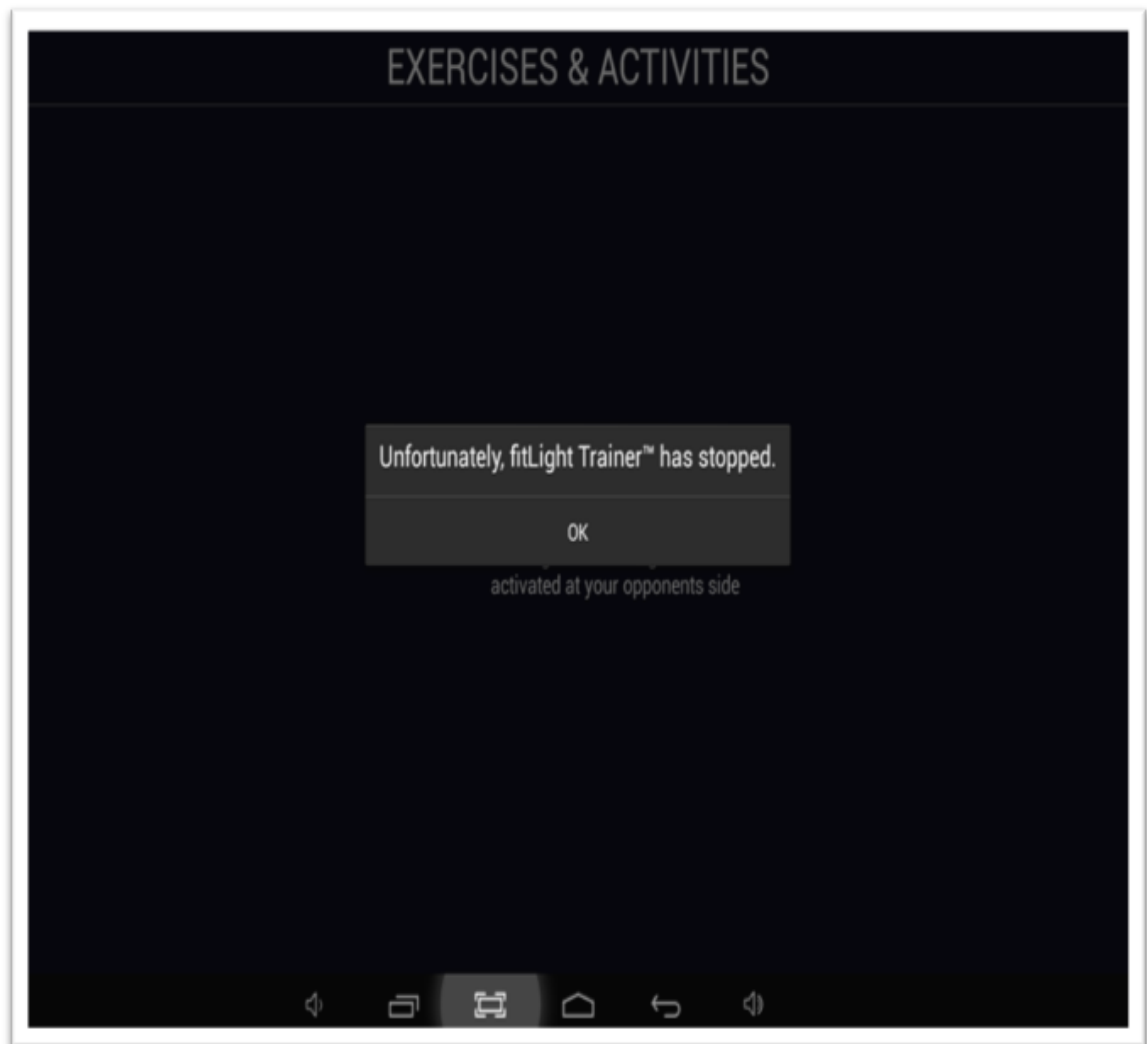
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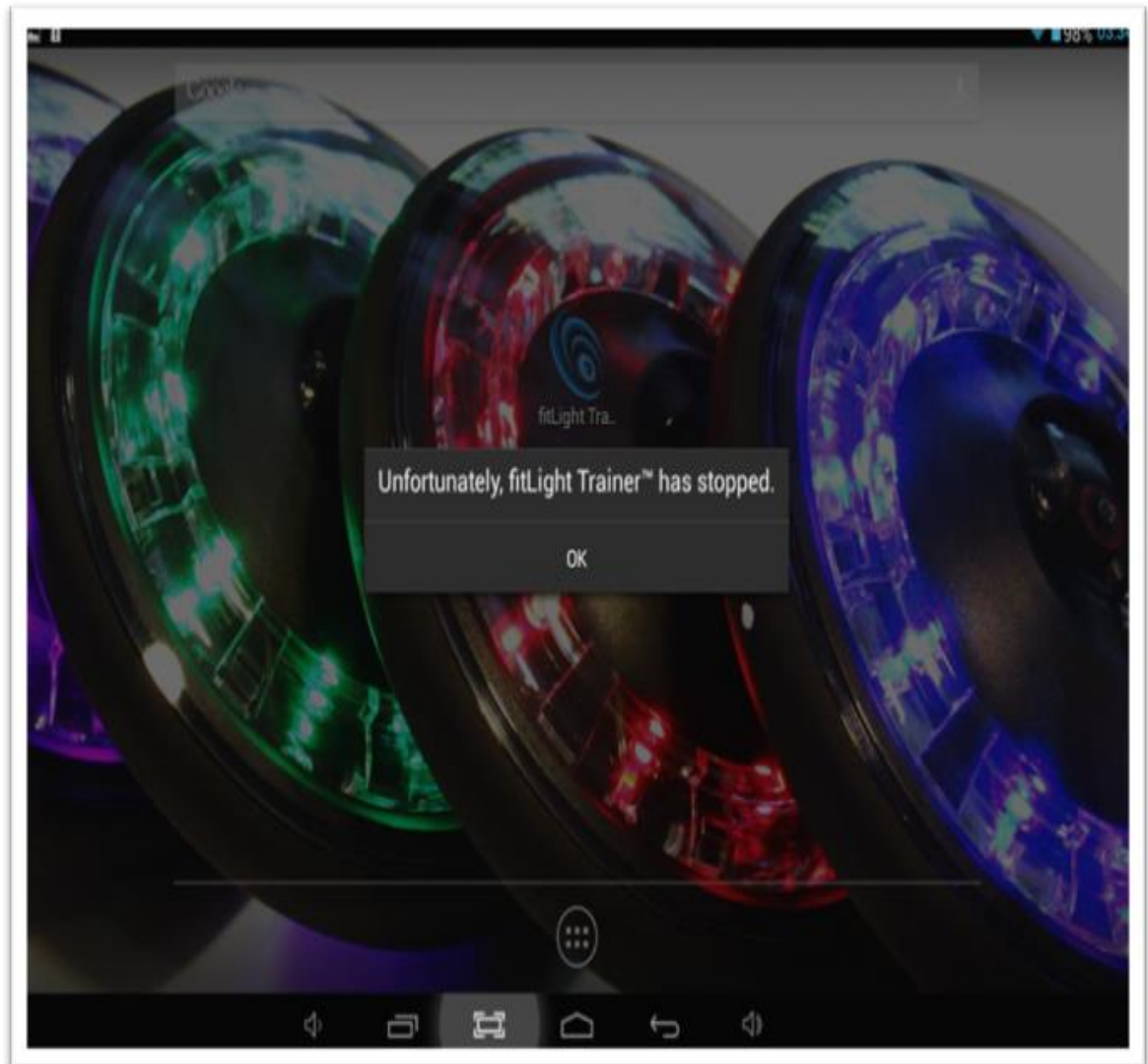
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Error Messages



1. Indicates that the USB Dongle lost wireless connection.
2. Select "OK" and restart program.

Error Messages

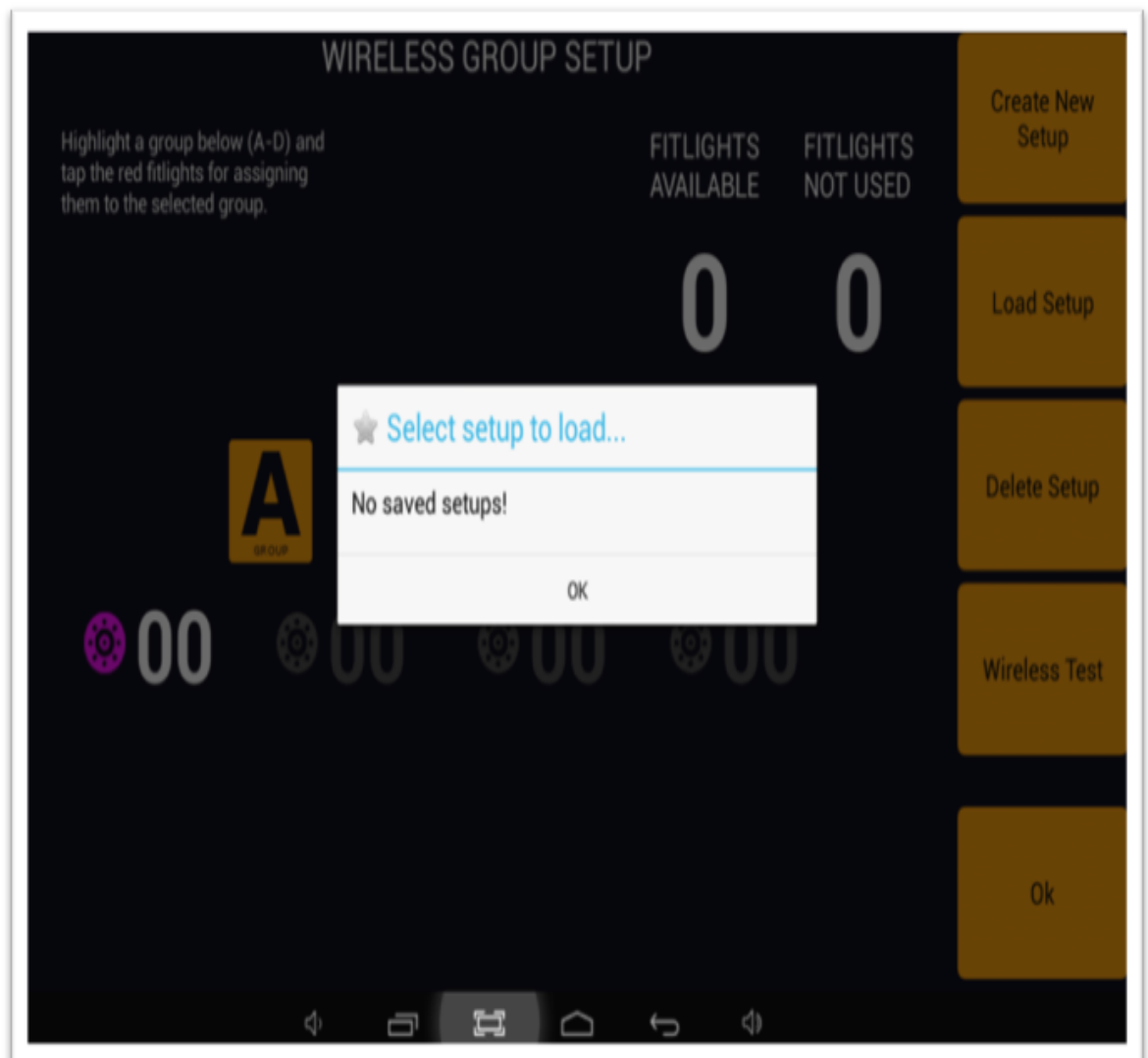


1. Indicates that the USB Dongle lost wireless connection.
2. Select "OK" and restart program.

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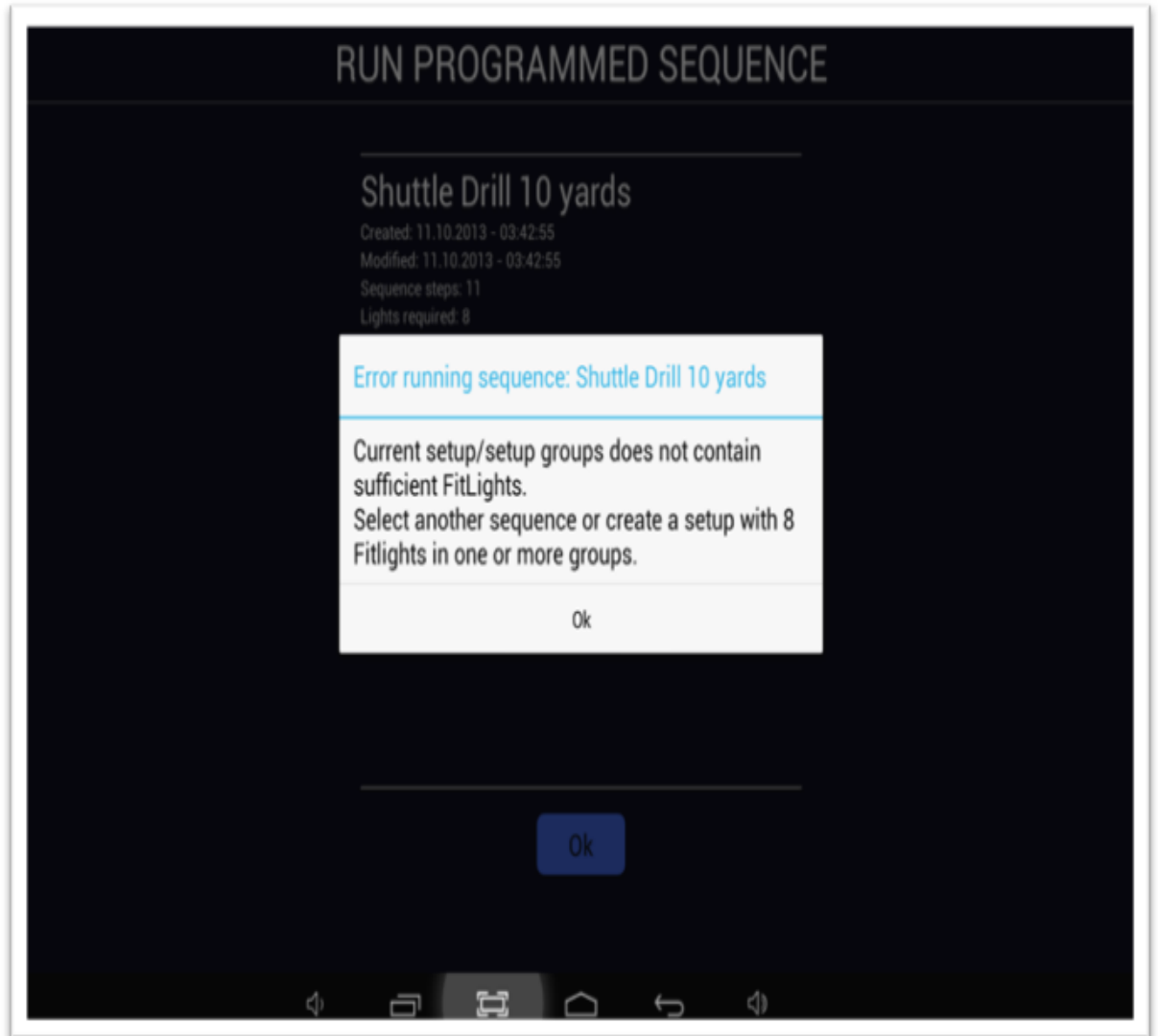
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Error Messages



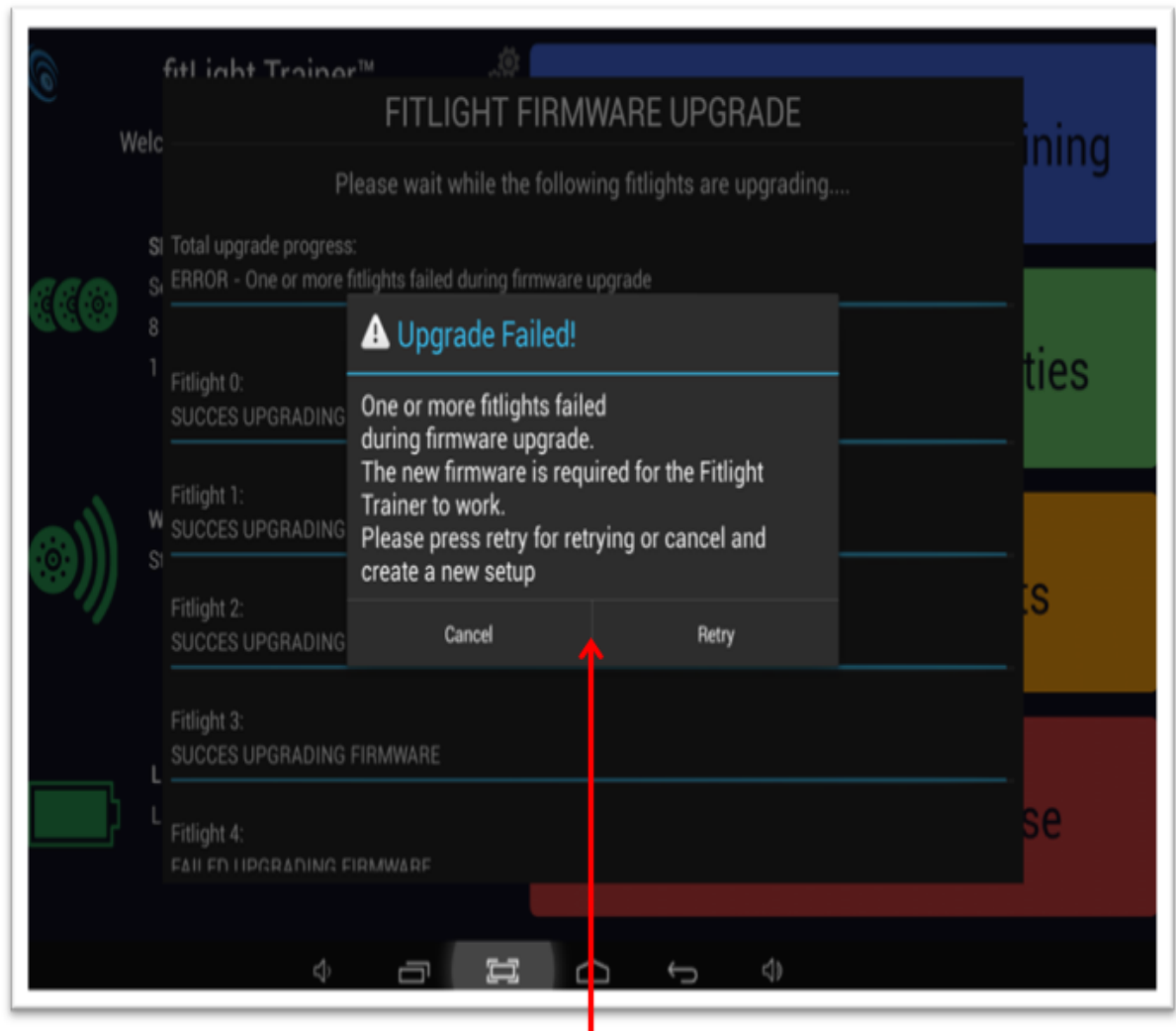
1. Indicates that there are no saved Light set ups .
2. Select "OK" and re-connect lights and save the set up.

Error Messages



1. Indicates that there were insufficient lights set up to run the Sequence.
2. Select "OK" and assign the correct number of lights.

Error Messages



1. Screen indicates the progress of the download and the result will be shown at the end of the download.
2. This screen shows one or more Lights failed to be upgraded.
3. Select retry until Lights are properly upgraded. This can take several attempts depending on the environment

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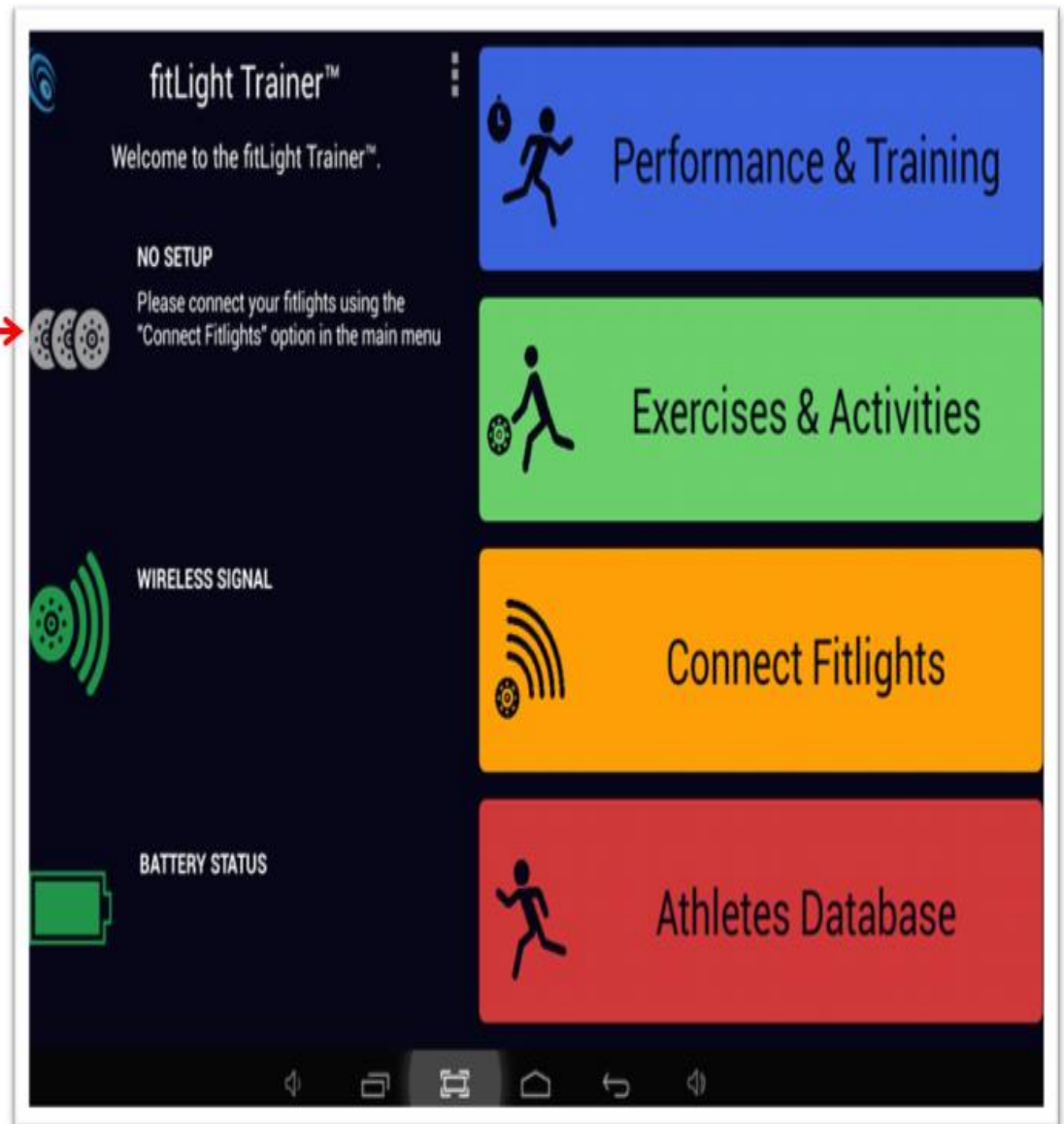
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Error Messages

1. Indicates no Lights are connected.
2. Select "Connect Fitlights"



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Error Messages

1. Indicates that the set up is Incomplete.
2. Select "Connect Fitlights" and allow the lights to connect.



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Error Messages

1. Indicates one or more of The Lights have a poor Wireless connection.
2. Run :Wireless" test.



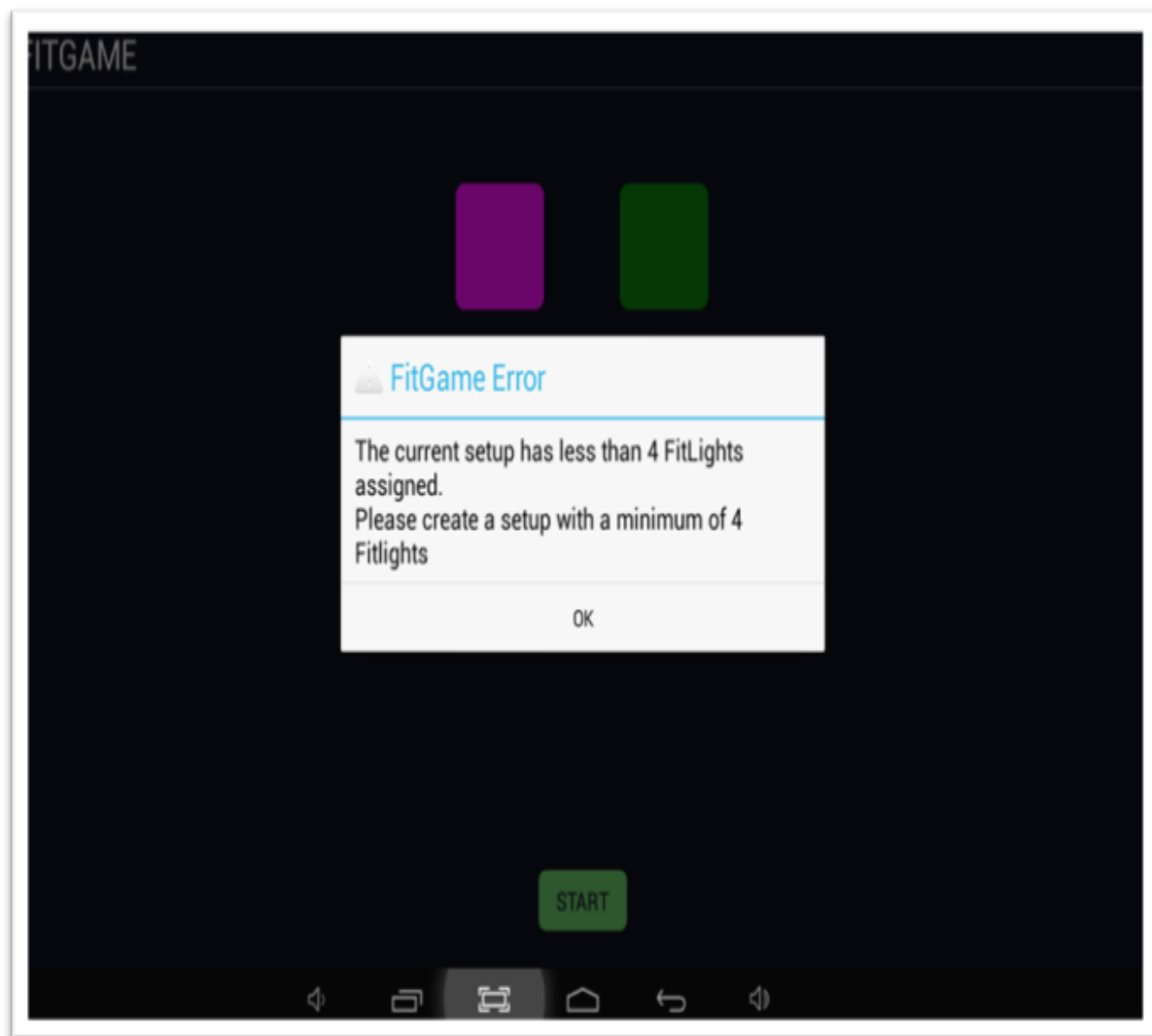
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Fitlight Game Error Message.



1. Indicates that there were insufficient lights set up to run the Fitgame Protocol.
2. Select "OK" and assign the correct number of lights.

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TROUBLE SHOOTING SOLUTIONS

Tablet Controller Problems:

X The Controller does not turn on/ no Power to the Controller:

- ☑ 1. Make sure that the battery is fully charged. If unsure recharge again until the fully charged indicator is visible.
- ☑ 2. Battery has discharged and is no longer rechargeable. Service required.

Display Problems:

X The Display does not turn on/ not visible:

- ☑ 1. Make sure that the Controller is fully charged. If unsure recharge again.
- ☑ 2. Turn off the Controller and reboot.
- ☑ 3. Reload Firmware.

Display Problems:

X The Display Touch Screen does not function:

- ☑ 1. Turn off the Controller and Reboot.
- ☑ 2. Reload Firmware.

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fitLight™ Problems:

X The fitLight(s)™ does (do) not turn on/ No Power to the fitLight(s)™

- ✓ 1. Check that the polarities of the batteries are installed correctly, positive (+) to positive (+) / negative (-) to negative (-).
- ✓ 2. Make sure that the batteries are fully charged, if unsure recharge again until the light is green.
- ✓ 3. Try a different set of fully charged Batteries. If the light works it indicates that the replaced battery life has been depleted and the batteries should be discarded according to your local disposal regulations for batteries.
- ✓ 4. Make sure that the correct voltage batteries are inserted into the lights. They should be 1.2 volts DC
- ✓ 5. Make sure that you are using rechargeable batteries.
- ✓ 6. Make sure that all of the batteries are fully charged and that there is not a weak charge battery within the group.
- ✓ Check that you have a good wireless connection to the lights.

X The fitLights™ do not change colour:

- ✓ Check that the program is set to change colour as defined.
- ✓ Reboot the Controller.
- ✓ Check that you have a good wireless connection to the lights.

X The fitLights™ do not connect to Controller:

- ✓ Check that the lights are fully charged
- ✓ Reboot the Controller.
- ✓ Check that the Controller is fully charged.
- ✓ Restart the wireless by touching restart on the Controller set up screen.
- ✓ Check that the Dongle is properly connected to the Controller

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14845-6 Yonge Street, Suite 376, Aurora, Ontario, Canada, L4G 6H8

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Charger Problems:

X The Charger does not turn on/ No Power to the Charger

- ✓ 1. Check that there is power to the charger; make sure that the electrical outlet that the charger power supply is connected to is functioning correctly. You can test the outlet by simply plugging a lamp or cell phone charger into the outlet to see if it is functioning.
- ✓ 2. Check that the power supply is properly plugged into the wall outlet and also the Charger unit.
- ✓ 3. Check to make sure the small cable is not unplugged from the charging case, lift the foam in the charger case and check the connection of the cable.
- ✓ 4. Check that the power supply connection to the case cable is functional, rotate cable connection and observe if problem is resolved.

X The fitLights are not charging:

- ✓ 1. Check that the fitLights are correctly inserted into the Charger.
- ✓ 2. Make sure that there are batteries in the fitLights.
- ✓ 3. Check that the polarities of the batteries in the fitLights are installed correctly, positive (+) to positive (+) / negative (-) to negative (-).
- ✓ 4. Try a different set of Batteries. If the fitLight charges it indicates that the replaced battery life has been depleted and the batteries should be discarded according to your local disposal regulations for batteries.
- ✓ 5. Make sure that the correct voltage batteries are inserted into the fitLight. They should be 1.2 volts DC
- ✓ 6. Make sure that you are using rechargeable batteries.
- ✓ 7. Make sure that there is no weak charge battery within the group by replacing one at a time.
- ✓ 8. Make sure that the lights are making contact with the terminals in the charger.
- ✓ 9. Check that the power supply connection to the case cable is functional, rotate cable connection and observe if problem is resolved.

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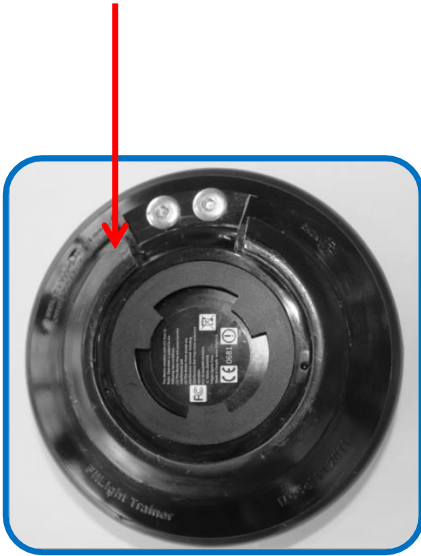
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Step 1. Installation of Rechargeable Batteries into the Lights

Remove Rubber Guard



Rubber Guard removed and 4 screws exposed



Unscrew the cover and expose batteries for replacement



Note well: There are 4 “O” Rings on the posts of the plastic, make sure they are not displaced. These “O” Rings protect against water entering the light.



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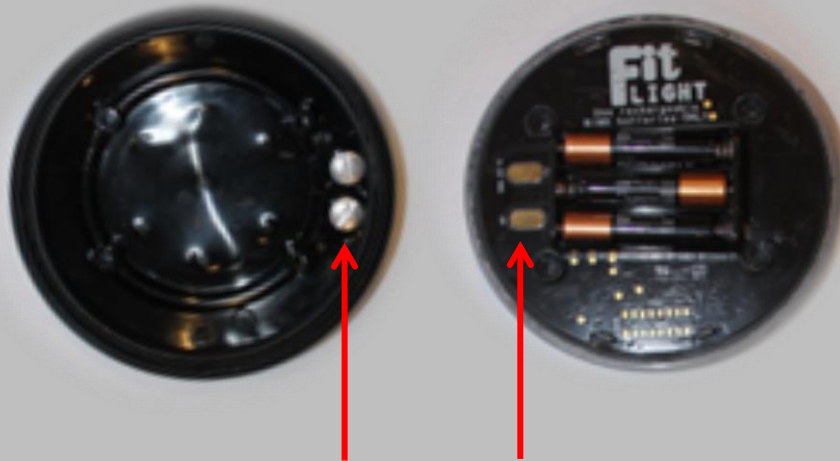
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Step 2. Installation of Rechargeable Batteries into the Lights

Installation into the fitLights

1. Take special care inserting the batteries as indicated by the markings on the case, making sure that the polarity (Positive+ / Negative-) is correctly oriented.



Reverse the process to close the Light. It is important that the contacts on the bottom cover are aligned with the contacts on the top case.

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Maintenance and Charging of The fitLight System™

Do Not

- Do not store the fitLight Training™ System in hot areas. Extreme high temperatures can damage the batteries.
- Do not use harsh cleaning solvents to clean the fitLights, Controller or accessories.
- **Do not let your system become fully discharged.**
- Do not use the Charger or batteries if they are damaged.
- Do not use batteries or Charger that are not specified for the system.

Do

- Do clean the fitLight Training™ System with a damp cloth only for optimum visual performance
- Do keep your system properly charged at all times. The system is never off and so it should be left charged at all times.
- Do charge your system for only 12 hours maximum per single charge.
- Do charge your system before every training session.
- Do keep the contacts of the fitLights clean for optimum charging.
- Do turn the system off when not in use.
- **Do remove the batteries from your system if it will be stored for more than 1 month.**
- Do try to charge the batteries as close to room temperature as possible for better charging.
- Do dispose of batteries as per local regulations.

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Battery Information & Safety Requirements

- Batteries will discharge over time if left unused.
- Batteries have a recharge life of typically 600 times.
- Keep the battery away from sources of excessive heat such as fire or direct sunlight.
- Keep the battery away from sources of high voltage or static discharge.
- Do not use or store the battery with other batteries or where it could touch metal.
- Do not put the battery into a microwave oven.
- Do not allow the battery to be crushed.
- Keep the batteries away from children.
- Do not disassemble, destroy, or attempt reassembly of the battery.
- Do not place or leave the battery in a damp or wet environment.
- Do not allow water to touch the battery.
- Do not wrap the batteries with conductive material.
- Do not incinerate or burn the battery.
- Do not leave or discard the battery where it could get wet or become submerged in water.
- Do not weld or solder anything to the battery, attach wires, or to the connector.
- Dispose of the battery per local / country regulations.



Power Supply Caution/Warning Electrical Shock

For indoor use only, do not expose to moisture, liquid or heat. Do not use any other power supply with your fitLight Training™ system.

Safety Warning Information

Warning: Please be aware that the use of the Flashing Option of the lights may cause a reaction to persons prone to Epilepsy. Please exercise caution when using this option.

System Safety Information

The System has been tested to and is in compliance to the following standards:

EN 60950-1:2006

EN 62471:2008

EN 62311:2008

FCC CFR 47 Part 15 Subpart C

FCC CFR 47 Part 15 Subpart B

EN 300328V1.7.1:2006

EN 301489-1V1.8.1:2008

RSS-210

RSS102

EU Battery Directive

Fitlight Sports Corp., hereby declare that our products and the batteries used in our products are in compliance with EU directive 2006/66/EC



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